**Triathlon Training Workout Plan**

Week 1:

Note:

25 yds = 1 length of the pool

50 yds = 2 lengths or there and back

Day 1- Swim: 8 X 1 (8- 25 yd laps)

Day 2- Bike: Ride 30 min working up a good sweat

Day 3- Run: 1 mile

Day 4- Swim: 16 x 1 (16- 25 yd laps)

Day 5- REST

Day 6- Bike/ Run Brick

Bike 60 min \* (note: spin classes are offered in the Bennet Center Saturday mornings at 10:15)

Run .5 miles \*(make transition from bike to run as fast as possible)

Day 7: Cross train for 1 hour

Note:

A brick workout is 2 disciplines with little to no interruption between them

1 hour of non-triathlon sport or exercise

Week 2:

Day 8- REST

Day 9- Bike: 45-60 min ride \*(cycle harder than last ride)

Day 10- Run: 1.5 miles

Day 11- Swim: 8 x 50yds (8- 50yd laps or 16- 25 yd laps)

Day 12- Cross train

Day 13- Bike/ Run Brick

60 min ride into a 1 mi run

Day 14- Run/Swim Brick

3 mi run and 600 yd swim

100 yd straight swim- 30 sec rest

6 x 50 hard swim- 30 sec rest

100 yd kick- 30 sec rest

100 yd swim cool down

Week 3:

Day 15- REST

Day 16- Bike: 75 min ride

Day 17- Run: 2 mile interval run

Mile 1- warm up

Mile 2- run hard for 1 min 3 times over the mile

Day 18- Swim: 600 yd swim

50 yds kick- 30 sec rest

100 yd swim- 30 sec rest

200 yd swim- 30 sec rest

3 x 50 hard- 30 sec rest

100 yds easy swim

Day 19- Cross training

Day 20- Bike/Run Brick: 60 min ride into a 2 mi run (increasing speed)

Day 21- Run/ Swim Brick: 3 mi run followed by 550 yd swim

Week 4:

Day 22- REST

Day 23- Bike: 60 min ride

Day 24- Run: 2 mi interval run

90 seconds at faster pace 4 times throughout run

Day 25- Swim: 700 yd swim

300 yd straight swim- 30 sec rest

4 x 50 yds hard swim- 30 sec rest

100 yds straigt swim- 30 sec rest

50 yds easy kick

Day 26- Cross training

Day 27- Bike/ Run Brick: 75 min ride into a 1.5 mi run

Day 28- Run: 4 mi at an easy pace

Week 5:

Day 29- REST

Day 30- Bike/Run Brick:60 min ride \*(4 min at race pace 3 times during ride)

Followed by 1 mi easy run

Day 31- Run: 3 mi interval run

60 seconds at fast pace 5 times throughout run

Day 32- Swim: 800 yds

100 yds easy swim- 30 sec rest

4 x 75 yds race pace- 30 sec rest

4 x 50 yds above race pace- 30 sec rest

4 x 25 yds all out- 30 sec rest

100 yds easy swim- 30 sec rest

Day 33- Cross training

Day 34- Bike/ Run Brick: 75 mi ride \*(5 min at race pace 3 times)

Into 1 mi easy run, and 1 mi run at race pace

Day 35- Run:5 mi run \*(note: this run is not about speed)

Week 6:

Day 36- REST

Day 37- Ride/ Run Brick: 70 min ride \*(5 min at race pace 3 times)

Into 2 mi run \*(First .25 mi hard-jog- Last .25 mi hard)

Day 38- Run: 3 mi run \*(.5 mi easy- 90 sec rest- 1 mi above race pace- 90 sec

Rest- 1.5 mi decreasing pace)

Day 39- Swim: 1,000 yd

150 yds easy swim- rest 30 sec

100 easy kick- rest 30 sec

4 x 100 yds at race pace- rest 30 sec

50 yds all out- rest 30 sec

100 yds easy cool down

Day 40- Cross training

Day 41- Bike/Run Brick: 80 min ride (last 20 min hard) into 3 mi run (2 mi

Easy run, last mi at race pace)

Day 42- Run: 3 mi easy run

Week 7:

Day 43: REST

Day 44: Bike/ Run Brick: 45 min bike (last 5 min at race pace)

Into 2 mi run (last .25 mi at race pace)

Day 45- Run: 2 mi taper \*(30 sec increased pace 5 times, then jog)

Day 46- Swim: 600 yd taper

100 yds easy swim- rest 30 sec

100 yds easy kick- rest 30 sec

3 x 100 yds at race pace- rest 30 sec

50 yds fast- rest 30 sec

50 yds easy cool down

Day 47- REST

Day 48- Race prep brick: 20 min bike (increase pace for 30 sec twice)

Into a 10 min jog

\*(Note: should be done in the morning at an easy pace)

Day 49:RACE DAY!!