

OLYMPIC TRIATHLON TRAINING PLAN

16 WEEKS (FOR BEGINNERS)



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|--|---|--|----------|---|---|--|
| 1 | 8 x 2 Min Run/ 1 Min Walk | Easy Cycle 20 Min | 10 x 25m Swim (30s Rests) | Rest Day | 8 x 3 Min Run/ 1 Min Walk | 10 x 50m Swim (45s Rests) | Rest Day |
| 2 | 4 x 5 Min Run/ 2 Min Walk | Easy Cycle 30 Min | 5 x 100m Swim (60s Rests) | Rest Day | 2 Mile Run (Walk When Needed) | 10 Min Swim (Non Stop) | Rest Day |
| 3 | Easy Run 1 Mile (Non Stop) | Easy Cycle 45 Min | 10 x 50m Zone 4 Swim (60s Rests) | Rest Day | Easy Run 1.5 Miles (Non Stop) | Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery | Rest Day |
| 4 | Easy Run 2 Miles | Easy Cycle 50 Min | Easy Swim 15 Mins (Non Stop) | Rest Day | 10 x 1 Min Run (Zone 4)/ 1 Min Jog (Zone 1) | Brick 10 Min Swim + 45 Min Bike (Zone 3) | Rest Day |
| 5 | Easy Run 2 Miles + 4 x 50m Strides | Easy Cycle 60 Min | 2 x 300m Zone 3 Swim (90s Rests) | Rest Day | Easy Swim 20 Mins (Non Stop) | Brick 30 Min Cycle + 10 Min Run | Rest Day |
| 6 | Easy Run 2.5 Miles + 4 x 50m Strides | Easy Cycle 70 Min | 2 x 400m Zone 3 Swim (90s Rests) | Rest Day | 1000m Zone 2 Swim | Swim 500m + Run 2 Miles + Cycle 10 Miles | Rest Day |
| 7 | Easy Run 3 Miles + 4 x 75m Strides | Easy Cycle 75 Min | 2 x 400m Zone 3 Swim (90s Rests) | Rest Day | Brick 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3) | Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery | Rest Day |
| 8 | Easy Run 2 Miles + 4 x 75m Strides | 30 Min Cycle (Zone 2) | 10 Min Zone 2 Swim | Rest Day | Easy Run Or Cycle 20 Mins | Race Simulation: Sprint Triathlon Distances | Rest Day |
| 9 | 3 Mile Run (Zone 2-3) | 15 Mile Cycle (Zone 2) | 4 x 200m Zone 3 Swim (90s Rests) | Rest Day | 16 Mile Cycle with 4 x 5 Min (Tempo Pace)/ 90s Recovery | 600m Easy Swim with 4 x 25m Sprints | Rest Day |
| 10 | Easy Run 4 Miles + 4 x 75m Strides | Easy Cycle 18 Miles | 2 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints | Rest Day | Brick 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3) | 25 Min Cycle (Tempo Pace) | Rest Day |
| 11 | Easy Run 4.5 Miles + 4 x 75m Strides | Easy Cycle 20 Miles | Easy Swim 800m + 4 x 25m Sprints | Rest Day | 4 Mile Run with 2 x 10 Min (Tempo Pace)/ 90s Recovery | Swim 8 x 100m (Zone 3-4)/ 1 Min Rests | Rest Day |
| 12 | Easy Run 5 Miles + 4 x 75m Strides | 60 Min Cycle with 3 x 10 Min (Tempo Pace)/ 2 Mins Recovery | Easy Swim 1000m + 4 x 25m Sprints | Rest Day | Easy Cycle 20 Min | Swim 1000m + Cycle 18 Miles + Run 3 Miles | Rest Day |
| 13 | Easy Run 5.5 Miles + 4 x 75m Strides | Easy Cycle 22 Miles | 1200m Zone 2 Swim | Rest Day | 5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery | Swim 5 x 300m (Zone 4) with 4 x 25m Sprints | Rest Day |
| 14 | Easy Run 6 Miles + 4 x 75m Strides | 75 Min Cycle (Zone 2) with 2 x 20 Mins (Tempo Pace) | 3 x 500m Zone 3 Swim (90s Rests) | Rest Day | 1500m Zone 2 Swim | Easy Cycle 25 Miles | Rest Day |
| 15 | Easy Run 6 Miles + 4 x 75m Strides | 60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 4 x 400m Zone 3 Swim (90s Rests) | Rest Day | 4 Mile Run (Zone 2) with 10 x 90s (Zone 4)/ 30s Recovery | Brick Swim 1000m + Cycle 18 Miles | Rest Day |
| 16 | Easy Run 3 Miles + 4 x 75m Strides | Easy Cycle 30 Min | 15 Min Zone 2 Swim | Rest Day | Easy Run Or Cycle 20 Mins | Race Day! |  |

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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Triathlon Training Schedule Template

USA Triathlon



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Complete Triathlon Guide USA Triathlon, 2012-04-24 Triathletes rejoice For the first time USA Triathlon its elite athletes and the nation s most respected coaches share their secrets strategies and advice for every stage every event and every aspect of the world s most demanding sport From training to technique fueling to recovery if it s essential to the sport it is covered in Complete Triathlon Guide In this guide you ll find invaluable bike handling techniques straight from the pros learn how to assess running form and improve running cadence and stride troubleshoot your freestyle swim stroke and shave seconds off starts and transitions And you ll go inside the sport for expert instruction and personal insights from triathlon s biggest names Joe Friel Gordon Byrn Bob Seebohar Sage Rountree Ian Murray Sara McLarty Linda Cleveland George Dallam Steve Tarpinian Krista Austin Iigo Mujika Alicia Kendig Barb Lindquist Christine Palmquist Graham Wilson Jackie Dowdeswell Jess Manning Joe Umphenour Karl Riecken Katie Baker Kristen Dieffenbach Kurt Perham Mathew Wilson Michael Kellmann Mike Ricci Scott Schnitzspahn Sergio Borges Sharone Aharon Suzanne M Atkinson Timothy Carlson Yann Le Meur With Complete Triathlon Guide you ll enhance your training regimen with the most effective workouts including stage specific programs for swimming cycling and running programs for strength flexibility and endurance tactics that address individual weaknesses and advice on tapering to ensure you re in peak physical condition on race day From the latest on equipment and technology to preventing injuries and dehydration this guide has you covered Whether you re gearing up for your first race or you re a hard core competitor looking to stay ahead of the pack Complete Triathlon Guide is the one book you should not be without

Triathlon Workout Planner John Mora, 2006-01-18 Train smarter and get better results no matter how busy your lifestyle Triathlon Workout Planner is like having your own personal support team to prioritize training fit workouts into your schedule and plan for long term racing success By choosing the right workout at the right time you can actually improve efficiency technique and overall fitness level in less time with these invaluable tools Three or four key workouts that serve as the core of your weekly training schedule The 80 20 rule which focuses on the 20% of training that gets 80% of the results Workout choices based on available time and target heart rate for customized training Eight weeks of log pages to gauge progress and make weekly adjustments helping you stay on track and stay injury free Racing plans for every distance from sprint to Ironman Take control of your training and your schedule with Triathlon Workout Planner Train more efficiently and effectively for better performance on and off the race course

Triathlon the Ultimate Sport Lisa Hill, Brooke Hill, 2018-03-02 Triathlon the Ultimate Sport is the ultimate guide to taking your triathlon goals to the next level This book is written and formatted to be easy to read and apply the information presented Whether you are just starting out or finishing your tenth triathlon Triathlon the Ultimate Sport has something for everyone In depth training plans for all levels beginner intermediate and advanced A 24 week Ironman distance training program and scores of thoughts tips and tricks to make your training the best it can be So put on your swim goggles grease up your bike gears and lace up those

running shoes and get started **The Women's Guide to Triathlon** USA Triathlon,2015-05-21 The Women s Guide to Triathlon presents female specific training techniques and equipment for triathlon Guided by the USAT Women s Committee whose goal is to encourage women s participation in the sport 20 of the sport s top female coaches and athletes offer their winning advice **The Triathlete's Training Bible** Joe Friel,2024-01-02 The Triathlete s Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon Joe has greatly updated this new Fifth Edition of The Triathlete s Training Bible to incorporate new training methods especially on workout intensity to help athletes train smarter and produce better results than ever The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition Joe will guide you to develop your own personalized triathlon training program and Become a better swimmer cyclist and runner Train with the most effective intensity and volume Gain maximum fitness from every workout Make up for missed workouts and avoid overtraining Adapt your training plan based on your progress and lifestyle Build muscular endurance with a proven approach to strength training Improve body composition with smarter nutrition The Triathlete s Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport What s New in the Fifth Edition of The Triathlete s Training Bible The science and sport of triathlon have changed since the previous edition was released This new edition adds emphasis to personalizing training plans incorporates new power pace and heart rate techniques for swimming cycling and running improves on skill development techniques updates his strength training approach speeds up recovery for busy athletes and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance The most significant changes have to do with getting the intensity of workouts right to build a bigger aerobic endurance base while becoming more race fit Triathlon Training in Four Hours a Week Eric Harr,2003-05-16 A training program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter and offers information on how to tailor a workout for individual needs **Your Best Triathlon** Joe Friel,2014-03-12 Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season For each phase of training Joe lays out the path to success outlining clear objectives and the guidelines to meet them Joe Friel s highly refined training plans for sprint Olympic half Ironman and Ironman race distances will help serious triathletes deliver a breakout performance even those with countless races under their belt Joe offers a tool kit of proven workouts that will isolate and develop specific abilities Within each workout and plan he offers easy modifications to better manage personal limiters and improve performance Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller The

Triathlete s Training Bible to develop their own self coached training programs Now Joe Friel the most experienced coach in triathlon reveals his formula for advanced training and coaches triathletes to their best race ever **Triathlon Training in 4 Hours a Week** Eric Harr,2015-09-15 Triathlons are more popular now than ever In this updated revised version of his successful 2003 edition triathlon champion Eric Harr provides the most up to date cutting edge advice and research to inform and motivate today s many budding triathletes The epitome of a specific clear reliable training guide Triathlon Training in 4 Hours a Week includes four separate training programs to accommodate every fitness level a comprehensive gear guide a complete menu plan including nutritional options for vegan paleo and gluten free athletes strategies to stay motivated and a guide to race day among other subjects Athletes will be eager to integrate the wealth of information into their training *Your First Half-Distance Triathlon* Henry Ash,Marlies Penker,2016-05-23 The half distance triathlon consists of a 1 2 mile swim 56 miles of cycling and a 13 1 mile run It is anything but an easy option but it represents a fascinating challenge for any well trained endurance athlete The book will guide any triathlete who wishes to finish his or her first half distance triathlon from the beginning of the preparation until race day A particular highlight of the book is its great amount of detailed training plans There are in depth examples of core and peripheral training and heart rate dependent pace levels T1 T8 which help to illustrate the year round training recommendations It also features advice on swimming cycling and running training cross training equipment strengthening and stretching typical training errors recovery self motivating performance testing and motivation tips as well as anecdotes and emotional stories from competitions With this guide anyone can finish their first half distance triathlon **Triathlon - the Go Faster Guide** Mark Barfield,2013-08-01 Within these pages are the tools insights and strategy to achieve your goals faster PT Magazine This book will smarten up your training improve your technique and help you set out a plan to bring down your race times Whether you ve completed a single discipline a few events or are already a seasoned triathlete your goal is the same to be better Triathlon the Go Faster Guide will smarten up your training improve your technique and help you set out a plan to bring down your race times Learn how to Goal set effectively Hone your technique across the separate disciplines including transition Timetable your sessions Plan your training in the medium and long term Eat and drink right to race at your best Analyse your performance to prepare for the next event You can become your own expert coach This smart guide will push you ahead of the pack in one of the world s fastest growing and most demanding sports Within these pages are the tools insights and strategy to achieve your goals faster **Triathletes in Motion** Marc Evans,Jane M. Cappaert,2014-06-17 Traditionally the focus of triathlon is on volume intensity and training periodization doing particular workouts during the months weeks and days leading up to a race But what if you could improve performance without logging extra distance on the road or in the water That is the promise of Triathletes in Motion Assessing Movement for World Class Technique and Performance In this book Marc Evans introduces the Evans Assessment principle and makes the case that every triathlon training regimen should start with the physical

assessments of movement By looking carefully at movements during these assessments you can detect limitations to mobility flexibility strength and stability These limiters cannot be corrected by traditional technique instruction alone so Evans presents specific exercises and tests that address each one The results are greater efficiency fewer injuries and faster performances Whether you are a veteran triathlete seeking a performance breakthrough a newer triathlete starting the training season or a coach or member of a triathlon federation searching for that edge training should start with Triathletes in Motion This resource includes hundreds of tests and exercises to help triathletes swim cycle and run faster and more economically Marc Evans was triathlon s first professional coach and has consulted coached collaborated with and mentored some of the biggest names in the sport including Dave Scott and Scott Tinley His coauthor Jane Cappaert is a leading expert in sport biomechanics Now they make their unique expertise available to everyone in Triathletes in Motion

Chase It Jacqueline Astor,2023-12-14 About the Book This is not your typical motivational book This book is not for professional athletes or people who never struggle to balance the pressures of work family and self care Pursuing a fitness goal isn t as easy or glamorous as it s often made to look How can we wake up early to fit in a morning run when we have been up all night with the baby How can we pick up a sport we loved in high school and not feel discouraged when our bodies have changed Chase It is one woman s guide to training but it is also so much more than that it s her life story advice self reflections and faith journey as she uses her God given talents to achieve her fitness goals

The Complete Book of Personal Training Douglas Brooks,2004 This books is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

Triathlon 2.0 Jim S. Vance,2016-02-08 Serious triathletes may be the most tech savvy of all athletes You have the latest devices and know that data to improve your performance are at hand but putting it all together can be a daunting confusing task Triathlete coach researcher and author Jim Vance maintains that despite access to the relevant information most triathletes start a race undertrained or overtrained That s why he s developed Triathlon 2 0 Data Driven Performance Training the first program to take advantage of the latest science and technology Triathlon 2 0 examines the sport s most popular devices including cycling power meters GPS trackers and heart rate monitors Capture the most accurate readings learn what they mean and just as important what they don t Then put the numbers to work for you translating your data into a comprehensive program based on your performance needs and triathlon goals With Triathlon 2 0

you will learn these skills Establish and identify optimal aerobic fitness base Determine the exact number of intervals for the most effective training and quickest recovery Identify performance markers to track training results Develop a tapering plan for peak performance Monitor pace and progress in real time If you re serious about maximizing performance then turn to the only program built around your personal performance data With Triathlon 2 0 the power and plan are in your hands

Fast-Track Triathlete Matt Dixon,2017-10-18 Lays out all the elements needed to succeed and excel at triathlon without compromising the other important things in your life like family friends and sleep In Fast Track Triathlete elite triathlon coach Matt Dixon offers his plan of attack for high performance in long course triathlon without sacrificing work or life Developed for busy professionals with demanding schedules the Fast Track Triathlete program makes your PR possible in Ironman Ironman 70 3 Rev3 and Challenge triathlon in about 10 hours a week Training for long course triathlons once demanded 15 20 hours each week on top of work family travel and other time commitments For many preparing for long distance triathlon is more challenging than the race itself Fast Track Triathlete opens the door to your best performance in full and half distance triathlons in half the traditional training time Dixon s laser focused effective approach to workouts recovery strength and mobility and nutrition means you can prepare for triathlon s greatest challenges in just 7 10 hours per week for half distance and 10 12 hours per week for full distance Fast Track Triathlete includes Dixon s complete guide to creating a successful sport and life performance recipe How to plan out your triathlon training Scaling workouts for time and fatigue Training and racing during travel Executing your swim bike run and transitions plan on race day 10 week off season training program with key workouts 14 week pre season training program with key workouts 14 week comprehensive race prep full and half training plans with fully integrated strength and conditioning Dixon s first book The Well Built Triathlete revealed his four tiered approach to success in all triathlon race distances Fast Track Triathlete turbocharges Dixon s well built program so even the busiest athletes can achieve their long distance triathlon dreams without sacrificing so much to achieve them What other athletes are saying about FAST TRACK TRIATHLETE I went from marathons and sprint tris straight to a full Ironman in 1 year while overcoming an injury with this plan The importance of sleep rest quality vs quantity endurance AND strength nutrition etc this book shares such a realistic and balanced approach to training and helped me train for and complete my first Ironman 140 6 race as a working mother of 3 small children and a 13 32 finish time Breath of fresh air read on triathlon training planning life balance in context of performance improvement **Triathlon Science** Joe Friel,2013 The ultimate nexus of knowledge and performance Cover **Triathlete Magazine's Complete Triathlon Book** Matt Fitzgerald,2003-03-01 A veritable triathlon bible this book covers everything that anyone from beginner to expert would want to know about competing in the phenomenally popular swimming bicycling and running races In one handy easily referenced guide Triathlete Magazine s Complete Triathlon Book offers the best advice stories and tips from the top coaches and athletes who have contributed to the magazine over the years Appealing to both novices and the most seasoned athlete

the book strikes a balance between technical depth and beginner friendliness by getting right down to the guidelines that all triathletes can use In addition the book offers advice for the various categories of triathletes beginners veterans short course specialists Ironman specialists and others Bearing the name of the most popular source for information on the sport this book is sure to become a classic among triathlon enthusiasts

Serious Training for Endurance Athletes Rob Sleamaker, Ray Browning, 1996 SERIOUS Training for Endurance Athletes provides the tools to create training programs and workouts that will pay off in competition Endurance athletes coaches and multisport fitness buffs will learn how to design schedule execute and monitor training programs for top results Rob Sleamaker joins with Ray Browning seven time Ironman Triathlon winner to produce a much improved version of the highly popular earlier edition You ll learn to set up and manage your personalized training schedule use the S E R I O U S system of training Speed Endurance Race pace Intervals Overdistance Up hill Intervals Strength add variety to your workouts develop a winning nutritional program prepare mentally for races and stay motivated to train and win The authors share their expertise in a fun and informative way drawing from their own experiences as champions Plus the book features the latest training advice for running cycling mountain biking swimming rowing cross country skiing cross training duathlons and triathlons SERIOUS Training for Endurance Athletes is your guide to high level fitness and performance

Triathlons for Women Sally Edwards, 1992 *Triathlon: Half-Distance Training* Henry Ash, Marlies Penker, 2016-05-23 The half distance triathlon consists of a 1 2 mile swim 56 miles of cycling and a 13 1 mile run It is anything but an easy option but it represents a fascinating challenge for any well trained endurance athlete The book will guide any triathlete who wishes to finish his or her first half distance triathlon from the beginning of the preparation until race day A particular highlight of the book is its great amount of detailed training plans There are in depth examples of core and peripheral training and heart rate dependent pace levels T1 T8 which help to illustrate the year round training recommendations It also features advice on swimming cycling and running training cross training equipment strengthening and stretching typical training errors recovery self motivating performance testing and motivation tips as well as anecdotes and emotional stories from competitions With this guide anyone can finish their first half distance triathlon

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