

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 Guide

HowExpert,Max Stoneking



Triathlon Guide:

The Triathlete Guide to Sprint & Olympic Triathlon Racing Chris Foster,Ryan Bolton,2020-04-07 The Triathlete Guide to Sprint and Olympic Triathlon Racing will help you discover the speed thrill and challenge of triathlon s most popular race distances Not everyone has time to train for long course triathlons By pursuing triathlon s shorter distances you can enjoy all the total body fitness benefits of the swim bike run sport and discover the unique challenges of short course racingall while enjoying a life outside of training This complete guide from former pro triathletes Chris Foster and coach Ryan Bolton shares all the know how you need to find speed and enjoy successful racing in sprint and Olympic distance triathlons Foster now the Senior Editor of Triathlete magazine shares his pro advice for how to set a smart race strategy how to master triathlon pacing how to execute fast transitions how to train to improve your weakness and race to your strengths Bolton offers smart effective sprint and Olympic triathlon training plans so you can get started right away no matter your background Sprint and Olympic triathlons are triathlon s most popular distances for good reasons Experienced triathletes returning to the short course will enjoy a break from long slow hours of training and rediscover the joy of speed Active people looking for a new challenge can jump right into triathlon s most beginner friendly distances The Triathlete Guide to Sprint and Olympic Triathlon Racing makes it simple to get back up to speed in the world s most rewarding endurance sport

The Women's Guide to Triathlon USA Triathlon,2015-06-12 The Women s Guide to Triathlon is the definitive companion for female triathletes Authored by the national governing body of the sport USA Triathlon this landmark resource features expert instruction and personal insights from 20 of the world s top female coaches and athletes Rachel Sears Casanta Sarah Haskins Stacy T Sims Siri Lindley Sage Rountree Sara McLarty Lindsay Hyman Margie Shapiro Melissa Mantak Tara S Comer Melissa Stockwell Krista Austin Gale Bernhardt Wendy Francke Rebecca Wassner Laurel Wassner Shelly O Brien Melanie McQuaid Celeste Callahan Brenda Barrera With the latest research proven techniques and expert advice this authoritative guide addresses the unique demands of today s female triathletes You ll find the most effective strategies for training and competing through all of life s stages avoiding and overcoming common injuries and balancing the constant demands of the sport family and work For women by women The Women s Guide to Triathlon is the one guide that every female triathlete should own

Triathlete Magazine's Guide to Finishing Your First Triathlon T. J. Murphy,2008-08 A longtime triathlete and editor in chief of Triathlete Magazine offers an inspiring and thorough guide to the ultimate cross training and fitness adventure Color photos throughout *Complete Triathlon Guide* USA Triathlon,2012 A training guide to help triathletes create their individual training plan assess their physical techniques and learn to fit triathlon training into their busy everyday lifestyles

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 Complete Triathlon Guide USA Triathlon,2012-04-24 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received **The Complete Guide to Triathlon Training** Hermann Aschwer,2001 In The Complete Guide to Triathlon Training H Aschwer shares with you his vast knowledge and experience of the sport The book addresses all aspects of preparing for and competing in traditions from basic training principles to mental preparation equipment and facial tips It also includes Aschwer s highly detailed 5 stage programme of training schedules which will take you from novice competitions light up the Hawaiian Ironman **Unlocking the Triathlon** HILARY. TOPPER,Topper Hilary Jm,2026 This book is the ultimate guide to mastering the triathlon for the beginner With tailored training plans and expert tips on gear and nutrition every new triathlete will gain the confidence and endurance needed to excel All aspects of training are covered so the reader knows how to prepare for that first triathlon USA Triathlon coach Hilary Topper also breaks down the race itself even explaining how to practice transitions 1 and 2 from the swim to the bike and from the bike to the run The reader will feel confident and ready to compete Not only are training basics covered Readers will also discover how to cultivate the mindset of a champion and stay motivated through the success stories told by real life triathletes These individual stories prove anyone can triumph with the proper guidance Unlocking the Triathlon is the starting point of the reader s exciting new journey The beginner can embrace the challenge of competing in their first race and unlock their triathlon potential With this book anyone can tri HowExpert Guide to Triathlons HowExpert,Max Stoneking,2023-01-20 If you want to learn how to train race and succeed in triathlons as a triathlete then check out HowExpert Guide to Triathlons Imagine spending months or years dedicated to a specific goal and the euphoria associated with the moment when the work has paid off That is a feeling unlike any other and exactly how it feels to cross the finish line of a triathlon However crossing that line is not happenstance The outcome is reflective of months of hard work and requires a process and a plan that can be difficult to navigate without knowing where to start HowExpert Guide to Triathlons simplifies the process and serves as a guide to developing the athletic acumen necessary to excel at your next or first triathlon Topics covered include comprehensive tips on essential gear how to structure training how to eat and recover basic technical advice and much more Not only will you learn how to maximize athletic potential but you will develop an understanding of how to embody the ethos of a triathlete The mindset the lifestyle the health benefits and the structure all pervade into everyday life making triathletes some of the most well rounded individuals There is something here for all ability and experience levels Whether you are looking to tackle your first sprint race or are already an Ironman consider this THE resource for training competing and succeeding in triathlon Check out HowExpert Guide to Triathlons to learn how to train race and succeed in triathlons as a triathlete About the Author Max Stoneking is a current Doctor of Physical Therapy Student and an avid triathlete He started swimming at the age of 7 and continued with the sport into the college ranks before getting a start in triathlon Along the way he got to experience

the training and competition at the highest level of swimming which served as a foundation for understanding what it means to develop as an athlete Since starting in the sport of triathlon he has taken home numerous top age group finishes and aspires to compete at a level on par with other elite amateurs He has also taken on roles as an assistant swimming coach at Carroll University in Waukesha Wisconsin United States and as an endurance coach for a small cohort of athletes in running and triathlon Max is the epitome of a student of the sport and aims to relay that knowledge to athletes near and far

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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

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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

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