

Olympic Distance Triathlon Training Program

Target Date: May 17, 2009

The goal the next 4 weeks is to make sure you are prepared for the distance. At this point you should have an idea about how long you will be out on the course. For a first triathlon, the goal should be to finish. Once you have made it through you can evaluate areas where you feel you could improve and set time or improvement goals for next time.

As before, if you miss a workout, you don't have to "make it up". Feel free to move workouts around to fit your lifestyle. If you prefer to do two activities on the weekend days when you have more time, then take an extra day off in the week. If you absolutely cannot get up in the morning to workout, then plan your training for your lunch break or after work. Do what works best for your lifestyle.

Week 9 (of 16): March 22-28, 2009

Do you know how to sight in open water? In order to stay on course you will need to lift your eyes to look for buoys while you are swimming. Many athletes have a pattern, sighting every 5th stroke for example. The adage is "sight early and often". Without sighting, you could easily swim several hundred meters longer than necessary because currents pull you off course. Practice sighting during your warm up and cool down in your swim workouts.

Monday: Swim 1500-1800 yards.

Warm up with 200 yards of freestyle.

Kick 200 yards.

Swim 2 x 500 freestyle, with 30 seconds rest between each.

Kick 200 yards.

Cool down with 200 yards - your choice of stroke.

Tuesday: Bike 75 minutes. Do a few intervals where you pick up the pace.

Wednesday: Run 45 minutes.

Thursday: Swim 30 minutes- easy freestyle without stopping.

Friday: Bike 75 minutes

Saturday: Run 50 minutes. Incorporate walk breaks when you need to.

Week 10 (of 16): March 29-April 4, 2009

Have you practiced transitions? It may seem easy, but many athletes waste valuable time in transition because they are unprepared. You will want to have a small towel on the ground near your bike to place your bike shoes, run shoes, helmet, race belt, and any other necessities. You want to keep your area as simple as possible. If you bring unnecessary things into transition, your area will become cluttered and it will slow you down. Practice laying out a transition area before your one of your bike rides this week. When you return from your ride, practice your transition and go for a short run.

Sample workouts:

M: Swim 1800 yards

Warm up with 200 yards of freestyle

Swim 400 free.

Swim 2 x 100 free

Swim 400 free.

Swim 4 x 50 fast.

Kick 200 yards.

Cool down with 200 yards- your choice of stroke.

T: Bike 75-90 minutes

W: Run 50 minutes. Incorporate walk breaks when you need to.

R: Swim 30 minutes- easy freestyle, nonstop.

F: Bike 90 minutes, follow with 10 minute transition run.

S: Run 55 minutes. Incorporate walk breaks when you need to.

Week 11 (of 16): April 5-11, 2009

How are you feeling? If you are feeling tired, pay special attention to appropriate nutrition and sleep during the next two weeks. Food and sleep are key to proper fueling and recovery for training and racing. With the workouts becoming longer, you will need to make sure you are meeting your body's needs.

M: Swim 1800-2000 yards

Warm up 200 yards freestyle

Swim 100 yards freestyle.

Swim 200 yards freestyle.

Swim 300 yards freestyle.

Swim 400 yards free.

Swim 300 yards free.

Swim 200 yards free.

Swim 100 yards free.

Kick 100 yards.

Cool down 100 yards- your choice.

T: Bike 90 minutes. Pick a few points on the route to increase your pace a little.

W: Run 55 minutes

R: Swim - 30 minutes easy freestyle, nonstop.

F: Bike 90 minutes.

S: Run 60 minutes.

Week 12 (of 16): April 12-18, 2009

After this week you have 4 weeks left to race day. This week will be a recovery week, so you'll notice the workouts are slightly shorter than the last couple of weeks. Take advantage of the extra rest to prepare your body for it's last 2 weeks of hard effort coming up.

M: Swim 1200 yards

Warm up 200 yards freestyle

Kick 200 yards.

Swim 50 fast/ 50 easy, rest 1 minute.

Repeat 3 times

Kick 200 yards.

Cool down with 200 yards your choice of stroke.

T: Bike 60 minutes.

W: Run 45 minutes.

R: Swim 20 minutes easy freestyle nonstop.

F: Bike 60 minutes. Run 10 minutes.

S: Run 45 minutes.

All questions regarding triathlon training can be directed to:
secretary@phoenixtriathlonclub.org. Please include "Tempe Tri" in the subject line.