

Olympic Distance Triathlon Training Program

Target Date: May 17, 2009

The goal the last 4 weeks is to make sure you are prepared for the distance and get rested up for race day. 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 13 (of 16): April 19-25, 2009

Make an effort to push yourself in your workouts the next two weeks. These two weeks are the last longer workouts before your race. Make sure you can cover the distance!

Monday: Swim 2000-2200 yards.

Warm up with 200 yards of freestyle.

Swim 4 x 400 freestyle, with 30 seconds rest between each.

Kick 200 yards.

Cool down with 200 yards - your choice of stroke.

Tuesday: Bike 90-105 minutes. Do a few intervals where you pick up the pace.

Wednesday: Run 60 minutes.

Thursday: Swim 30 minutes- easy freestyle without stopping.

Friday: Bike 90-105 minutes

Saturday: Run 65 minutes. Incorporate walk breaks when you need to.

Week 14 (of 16): April 26- May 2, 2009

Sample workouts:

M: Swim 2000-2200 yards

Warm up with 200 yards of freestyle

Swim 400 free.

Swim 4 x 100 free

Swim 400 free.

Swim 4 x 100 free

Kick 200 yards

Cool down with 200 yards- your choice of stroke.

T: Bike 105-120 minutes

W: Run 65 minutes. Incorporate walk breaks when you need to.

- R: Swim 30 minutes- easy freestyle, nonstop.
F: Bike 105-120 minutes, follow with 10 minute transition run.
S: Run 70 minutes. Incorporate walk breaks when you need to.

Week 15 (of 16): May 3-9, 2009

2 weeks to go until race day! 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. This week you will notice that the workouts are starting to become shorter. You should keep the intensity level up during the workouts.

M: Swim 1500-1800 yards

Warm up 200 yards freestyle

Kick 200 yards.

Swim 150 yards freestyle.

Swim 200 yards freestyle.

Swim 300 yards freestyle.

Swim 200 yards free.

Swim 150 yards free.

Kick 200 yards.

Cool down 200 yards- your choice.

T: Bike 75-90 minutes. Pick a few points on the route to increase your pace a little.

W: Run 60 minutes

R: Swim - 30 minutes easy freestyle, nonstop.

F: Bike 60-75 minutes.

S: Run 45 minutes.

Week 16 (of 16): May 10-16, 2009

You are one week from race day! Make a list of things you will want to pack for race day. Include your warm up gear, swim gear, bike gear, run gear, and clothing/ nutrition for after the race. If you are able, plan to get a massage early in the week (before Thursday) to loosen things up.

M: Swim 800-1000 yards

Warm up 200 yards freestyle

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 45 minutes.

W: Run 20 minutes.

R: Swim 15 minutes easy freestyle nonstop.

F: Rest.

S: Bike 15 minutes. Run 10-15 minutes.

Good luck tomorrow at your Olympic Distance Triathlon! Think about all the time you have spent training, relax, and enjoy yourself! Make sure you thank the volunteers- they are out there just for you! And encourage the athletes around you, we are all in this together!

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