

## Sprint Distance Triathlon Training Program

Target Date: May 17, 2009

The goal the second 4 weeks is to build on your base. You'll want to think about signing up for the upcoming race so you don't miss the opportunity. A lot of popular triathlons sell out early! Your Sprint distance race consists of a 400 meter swim, a 12 mile bike ride, and a 3.1mile run. If you win you might finish in under an hour. Most people finish between 1  $\frac{1}{2}$  - 2 hours, or longer! You'll want to start increasing your fitness level so that on race day you are ready for 1  $\frac{1}{2}$  hours of exercise (and fun!).

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 5 (of 12): March 22-28, 2009**

How long does it take you to swim 100 meters (2 laps in the pool)? You can plan on at least 4 times that long to swim 400 meters in open water. If you wear a wetsuit during the race, you will be more buoyant and likely swim slightly faster. However keep in mind that not all swim courses are 100% accurate, and you may be bumping into other swimmers at the start which may slow you down. Start gradually increasing your swim (and bike/run!) fitness. You will want to become comfortable swimming continuously for 15-20 minutes over the next 8 weeks.

Monday: Swim 1000 yards.

Warm up with 200 yards of freestyle.

Swim 100 freestyle, 200 freestyle, 200 free, 100 free, with 30 seconds rest between each.

Cool down with 200 yards - your choice of stroke.

Tuesday: Bike 30-40 minutes. Look for hills or do a few intervals where you pick up the pace.

Wednesday: Run 30 minutes. Incorporate walk breaks when you need to.

Thursday: Swim 20 minutes- easy freestyle without stopping. Adjust your pace so you can finish the 20 minutes comfortably, without stopping. Set the timer on your watch to beep at you in 20 minutes or keep an eye out if there's a clock on the wall or pool deck.

Friday: Bike 45 minutes

Saturday: Run 35 minutes. Incorporate walk breaks when you need to.

### **Week 6 (of 12): March 29- April 4, 2009**

How long will it take you to bike 12 miles? Think about lengthening your rides so you can comfortably spend 45-60 minutes in the saddle. You can purchase a really nice speedometer for \$50 or less which will tell you your speed/ pace/ distance. It's a nice tool to help you gauge improvements in your fitness level. Also, think about what types of fuel you might need on race day. A 1 ½ hour race may require slightly more than water for optimal performance. You can probably get by on just an electrolyte/ carbohydrate drink such as Gatorade. A larger athlete (with higher calorie requirements) or a slower athlete (who will need energy for a longer duration) may want something more substantial like gels or Cliff bars. Now is a good time to experiment during your workouts to find which foods sit well in your stomach.

#### **Sample workouts:**

M: Swim 1000-1200 yards

Warm up with 200 yards of freestyle

Swim 4 x 50 fast with 30 seconds rest between.

Swim 2 x 250 freestyle, with 30 seconds rest between.

Kick 100 easy.

Cool down with 200 yards- your choice of stroke.

T: Bike 45 minutes

W: Run 35 minutes. Incorporate walk breaks when you need to.

R: Swim 20 minutes- easy freestyle, nonstop.

F: Bike 45-50 minutes

S: Run 40 minutes. Incorporate walk breaks when you need to.

### **Week 7 (of 12): April 5-11, 2009**

How long does it take you to run 3 miles? Are you able to run 3 miles continuously or do you to take walk breaks? Many people choose to incorporate walk breaks into their run training and racing. If you want to be able to run continuously, you should get into the habit of not walking. You may find that at first you need to slow your pace in order to be able to finish the run. As you build endurance, it will become easier and you'll be able to go longer. You need to build your running endurance so that you can comfortably cover 3.1 miles. For some people that will be 20 minutes, for some it will be closer to 35 minutes or more. You can measure out a 3 mile course around your neighborhood and time yourself over the distance. Or, if you have unlimited resources, a Garmin is a nice tool to trace pace/ speed/ distance. It is worn like a watch and uses GPS technology. But before you spend the money on GPS technology, make sure you have a good pair of running shoes. Your local running specialty store can watch you run and make sure you are wearing the right shoes for your feet and running style. Good shoes will go a long way toward keeping you injury free.

M: Swim 1200 yards

Warm up 200 yards freestyle

Swim 100 yards freestyle.

Swim 150 yards freestyle.

Swim 200 yards freestyle.

Swim 150 yards freestyle.

Swim 100 yards freestyle.

Kick 100 yards.

Cool down 200 yards- your choice.

T: Bike 50 minutes. Pick a few points on the route to increase your pace a little. Just to get your heart rate up for a minute. Repeat this 3-4 times in the middle of your ride.

W: Run 40 minutes

R: Swim - 30 minutes easy freestyle, nonstop.

F: Bike 50-60 minutes.

S: Run 40 minutes.

### **Week 8 (of 12): April 12-18, 2009**

After this week you are 4 weeks from race day! Congratulations on making it this far. This week, try to rest a little more and get ready to build on your speed and distance in the next training block.

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. Consider taking a spin class at your health club as an alternative.

W: Run 35 minutes.

R: Swim 20-30 minutes easy freestyle nonstop.

F: Bike 45 minutes.

S: Run 35 minutes.

**All questions regarding triathlon training can be directed to:**

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