

Sprint 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 9 (of 12): April 19-25, 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 this week.

Monday: Swim 1200 yards.

Warm up with 200 yards of freestyle.

Swim 2 x 400 freestyle, with 30 seconds rest between each.

Cool down with 200 yards - your choice of stroke.

Tuesday: Bike 50-60 minutes. Do a few intervals where you pick up the pace.

Wednesday: Run 40 minutes.

Thursday: Swim 30 minutes- easy freestyle without stopping.

Friday: Bike 60 minutes

Saturday: Run 45 minutes. Incorporate walk breaks when you need to.

Week 10 (of 12): April 26- May 2, 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 1200 yards

Warm up with 100 yards of freestyle

Swim 400 free.

Swim 2 x 100 free

Swim 400 free.

Cool down with 100 yards- your choice of stroke.

T: Bike 60 minutes

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

R: Swim 30 minutes- easy freestyle, nonstop.

F: Bike 60 minutes, follow with 10 minute transition run.

S: Run 45 minutes. Incorporate walk breaks when you need to.

Week 11 (of 12): 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 1000 yards

Warm up 200 yards freestyle

Swim 100 yards freestyle.

Swim 200 yards freestyle.

Swim 300 yards freestyle.

Kick 100 yards.

Cool down 100 yards- your choice.

T: Bike 50 minutes. Pick a few points on the route to increase your pace a little.

W: Run 40 minutes

R: Swim - 20 minutes easy freestyle, nonstop.

F: Bike 45 minutes.

S: Run 35 minutes.

Week 12 (of 12): 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 500-800 yards

Warm up 100 yards freestyle

Swim 50 fast/ 50 easy, rest 1 minute.

Repeat 3 times

Kick 200 yards.

Cool down with 100 yards your choice of stroke.

T: Bike 30 minutes.

W: Run 20 minutes.

R: Swim 15 minutes easy freestyle nonstop.

F: Rest.

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

Good luck tomorrow at your Sprint 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.