

Sprint Distance Triathlon Training Program  
Target Date: May 17, 2009

The goal the first 4 weeks is to get used to "training." If you are not used to having a concrete schedule to follow this will take some adjustment. Try to be active (swim, bike or run) for 20 minutes a day, 6 days each week. 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. The point is to get active and start getting comfortable with a consistent training program. Some feelings of stress can be normal when starting a new activity but if you are completely overwhelmed, take a step back and re-evaluate. This is supposed to be fun! 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 1 (of 12): February 22-28, 2009**

Start becoming active on a daily basis. Aim for 20 minutes a day, 6 days this week. Choose a day off that best fits your schedule. If you are used to following an exercise program and feel you could handle a little more structure, try the following:

Monday: Swim 500-1000 yards.

Warm up with 200 yards of freestyle.

Incorporate kicking into the workout as follows:

50 kick/ 100 free, rest 1 minute.

(50 kick/ 100 free, rest 1 minute.)

(50 kick/ 100 free)

(50 kick/ 100 free)

Cool down with 200 yards - your choice of stroke.

Tuesday: Bike 20 minutes

Wednesday: Run 20 minutes. Incorporate walk breaks when you need to.

Thursday: Swim 20 minutes- easy freestyle. Take breaks when you need to.

Friday: Bike 20 minutes

Saturday: Run 20 minutes. Incorporate walk breaks when you need to.

### **Week 2 (of 12): March 1-7, 2009**

We are still focusing on consistency this week. If you missed any training sessions last week, just try again this week to hit 20 minutes daily for 6 days this week. Take a day off sometime during the week. Also, if it works better to do 2 workouts on the weekend (for example, bike and swim on Saturday) then do that, and take an extra day off somewhere else in the week.

#### **Sample workouts:**

M: Swim 500-1000 yards

Warm up with 200 yards of freestyle

Swim 25 fast, then 75 easy. Rest for 1 minute.

Repeat 2-4 times depending on your goal yardage.

Cool down with 200 yards- your choice of stroke.

T: Bike 20-30 minutes

W: Run 20 minutes. Incorporate walk breaks when you need to.

R: Swim 20 minutes- easy freestyle. Take breaks when you need to.

F: Bike 20 minutes

S: Run 20 minutes. Incorporate walk breaks when you need to.

### **Week 3 (of 12): March 8-14, 2009**

By now, training should be feeling more routine and getting a little bit easier. It takes 4 weeks to create a habit so if you're struggling to commit, now is the time to refocus your energy.

M: Swim 500-1000 yards

Warm up 200 yards freestyle

Swim 50 yards freestyle/ Kick 50 yards, rest 1 minute.

Swim 100 yards / Kick 100 yards, rest 1 minute.

Swim 150 yards/ Kick 150 yards, rest 1 minute.

Cool down 200 yards- your choice.

T: Bike 20 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 20 minutes

R: Swim - 20 minutes easy freestyle. Take breaks when you need to.

F: Bike 20 minutes.

S: Run 25 minutes.

## **Week 4 (of 12): March 15-21, 2009**

This is your last week of adjustment. If you are still struggling with getting in the basic 20 minutes per day, you might reconsider your goals. If you are feeling good and are ready to move on, enjoy your last week of base work.

M: Swim 500-1000 yards

Warm up 200 yards freestyle

Swim 50 fast/ 50 easy, rest 1 minute.

Repeat 2-5 times

Cool down with 200 yards your choice of stroke.

T: Bike 30 minutes. Consider taking a spin class at your health club as an alternative.

W: Run 20 minutes.

R: Swim 20 minutes easy freestyle. Are you taking less rest than 3 weeks ago? You are making progress!

F: Bike 20-30 minutes.

S: Run 30 minutes. Take walk breaks when you need to.

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