

# Beginner Triathlon Plan

Begin each workout with a 5-10 minute warm up at 60-65%HR and dynamic stretching from head to toe

<b>Week 1</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 50 meters then rest for 20 seconds x 5	Run 3 miles at 70-80% of Max HR	Bike 10 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 5 miles then Run 1 mile all at 70-80% of max HR. Swim- after your bike and run, swim 200 meters	Bike 10 miles at 65-80% of max HR
<b>Week 2</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 75 meters then rest for 15 seconds x 5. Resistance training for 20 minutes	Run 3.25 miles at 70-80% of Max HR	Bike 11 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 6 miles then Run 1.5 mile all at 70-80% of max HR. Swim- after your bike and run, swim 200 meters	Bike 11 miles at 65-80% of max HR
<b>Week 3</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 100 meters then rest for 15 seconds x 5. Resistance Training for 20 minutes	Run 3.5 miles at 70-80% of Max HR	Bike 12 miles at 60-80% of max HR. Resistance Training for 20 minutes	Bike 7 miles then Run 1.75 mile all at 70-80% of max HR. Swim- after your bike and run, swim 200 meters	Bike 12 miles at 65-80% of max HR



<b>Week 4</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 100 meters then rest for 10 seconds x 5. Resistance Training for 20 minutes	Run 3.75 miles at 70-80% of Max HR	Bike 13 miles at 60-80% of max HR. Resistance Training for 20 minutes	Bike 8 miles then Run 2 mile all at 70-80% of max HR. Swim- after your bike and run, swim 300 meters	Bike 13 miles at 65-80% of max HR
<b>Week 5</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 400 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down. Resistance training for 20 minutes	Run 4 miles at 70-80% of Max HR	Bike 14 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 9 miles then Run 2.25 mile all at 70-80% of max HR. Swim- after your bike and run, swim 250 meters	Bike 14 miles at 65-80% of max HR
<b>Week 6</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 425 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down. Resistance training for 20 minutes	Run 3.25 miles at 70-80% of Max HR	Bike 15 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 10 miles then Run 2.5 mile all at 70-80% of max HR. Swim- after your bike and run, swim 300 meters	Bike 15 miles at 65-80% of max HR



<b>Week 7</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 450 meters steady without stopping. Resistance Training for 20 minutes	Run 3 miles at 70-80% of Max HR	Bike 10 miles at 60-80% of max HR. Resistance Training for 20 minutes	Bike 5 miles then Run 1 mile all at 70-80% of max HR. Swim- after your bike and run, swim 200 meters	Bike 10 miles at 65-80% of max HR
<b>Week 8</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 450 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down. Resistance training for 20 minutes	Run 3.5 miles at 70-80% of Max HR	Bike 16.5 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 11 miles then Run 2.75 mile all at 70-80% of max HR. Swim- after your bike and run, swim 350 meters	Bike 16 miles at 65-80% of max HR
<b>Week 9</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 475 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down, Resistances training for 20 minutes	Run 3.75 miles at 70-80% of Max HR	Bike 17.5 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 12 miles then Run 3 mile all at 70-80% of max HR. Swim- after your bike and run, swim 400 meters	Bike 17 miles at 65-80% of max HR



<b>Week 10</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 500 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down. Resistance Training for 20 minutes	Run 3.1 miles at 70-80% of Max HR	Bike 12 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 10 miles then Run 3 mile all at 70-80% of max HR. Swim- after your bike and run, swim 400 meters	Bike 15 miles at 65-80% of max HR
<b>Week 11</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Swim 550 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down. Resistance training for 20 minutes.	Run 3.5 miles at 70-80% of Max HR	Bike 15 miles at 60-80% of max HR. Resistance training for 20 minutes	Bike 15 miles then Run 3 mile all at 70-80% of max HR. Swim- after your bike and run, swim 425 meters	Bike 15 miles at 65-80% of max HR
<b>RACE Week 12</b>				
<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>RACE DAY</b>
Swim 500 meters steady with out stopping as best as you can - if you have to stop then do breast stroke of float on back rather than put feet down	Bike 5 miles and Run 1.5 miles at 70-80% of Max HR	day off	Bike 5 miles then Run 1 mile all at 70-80% of max HR. Swim- after your bike and run, swim 100 meters	Enjoy your experience - be grateful for your ability

