

February 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun	(Week)
SWIM FOCUS BIKE FOCUS RUN FOCUS RECOVERY		Walk/run #1 6 x (jog 3 min, walk 2 min) = 30 min. total	Walk/run #2 5 x (jog 4 min, walk 2 min) = 30 min total	Walk/run #3 4 x (jog 5 min, walk 2 min) + jog 2 min = 30 min	Walk/run #4 3 x (Jog 7 min, walk 3 min)	Walk/run #5 3 x (Jog 8 min, walk 2 min)	
		Walk/run #6 Jog 10 min, walk 2 min, jog 6 min, walk 2 min, jog 10 min	Walk/run #7 Jog 15 min, walk 3 min, jog 10 min, walk 2 min	Walk/run #8 Jog 20 min, walk 3 min, jog 7 min	Walk/run #9 Jog 25 minutes continuous, walk 5 min		
See last page for swim and strength details!							
Swim w/Tri Club or 0:30 on own 15	Walk/run #1 0:30 Strength 0:15 16	Swim Drills #1 0:30 Bike 0:30 17	REST DAY 18	Swim Endurance #1 0:40 19	Walk/run #2 0:30 Strength 0:15 20	Bike 1:00 21	(WEEK 1) Total 4:40 S 1:40 B 1:30 R 1:00
Swim w/Tri Club or 0:30 on own 22	Bike 0:30 Walk/run #3 0:30 23	Bike 0:45 Strength 0:15 24	REST DAY 25	Swim Speed #1 0:40 26	Walk/run #4 0:30 Strength 0:15 27	Bike 1:00 28	(WEEK 2) Total 4:55 S 1:10 B 2:15 R 1:00

March 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1 Swim w/Tri Club or 0:30 on own	2 Walk/run #5 0:30 Strength 0:15	3 Bike 0:45 Walk/run #6 0:30	4 REST DAY	5 Swim 0:40 Endurance #2	6 Walk/run #7 0:30 Strength 0:15	7 Bike 1:00	(WEEK 3) Total 4:55 S 1:10 B 1:45 R 1:30
8 Swim w/Tri Club or 0:30 on own	9 Walk/run #8 0:30	10 Bike 0:45 Strength 0:15	11 REST DAY	12 Swim 0:30 Speed #2	13 Walk/run #9 0:30 Strength 0:15	14 Bike 0:45	(WEEK 4) Total 4:00 S 1:00 B 1:30 R 1:00
15 Swim w/Tri Club or 0:30 on own	16 Run 3 mi Strength 0:15	17 Swim 0:35 Drills #2 Bike 0:40	18 REST DAY	19 Swim 0:45 Endurance #3	20 Run 4 mi Strength 0:15	21 Bike 1:15- 1:30	(WEEK 5) Total 5:25+ S 1:50 B 1:55+ R 7 mi (1:10)
22 Swim w/Tri Club or 0:30 on own	23 Bike 0:40 Run 3 mi (do separately)	24 Bike 0:45 Strength 0:15	25 REST DAY	26 Swim 0:45 Speed #3	27 Run 4 mi Strength 0:15	28 Bike 1:15- 1:30 Including 2 x 5 min @ race effort	(WEEK 6) Total 5:35+ S 1:15 B 2:40+ R 7 mi (1:10)
29 Swim w/Tri Club or 0:30 on own	30 Run 3 mi (1 mi EZ, 5 x 1 minute hard / 1 min easy, 1 mi EZ) Strength 0:15	31 Brick: Bike 45 min, then run 3 miles easy					

April 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
			REST DAY ¹	Swim 0:45 Endurance #4 ²	Run 5 mi Strength 0:15 ³	Bike 1:15- 1:30 On hilly route if possible ⁴	(WEEK 7) Total 5:35+ S 1:15 B 2:00+ R 11 mi (1:50)
Swim w/Tri Club or 0:30 on own ⁵	Run 3 mi Strength 0:15 ⁶	Bike 0:45 ⁷	REST DAY ⁸	Swim 0:40 Speed #4 ⁹	Run 4 mi Strength 0:15 ¹⁰	Bike 1:00 ¹¹	(WEEK 8) Total 4:35 S 1:10 B 1:45 R 7 mi (1:10)
Swim w/Tri Club or 0:30 on own ¹²	Run 4 mi (1.5 mi EZ, 4 x 400 m w/ 200 jog recovery, 1 mi EZ) Strength 0:15 ¹³	Swim 0:40 Drills #3 Bike 0:45 ¹⁴	REST DAY ¹⁵	Swim 0:50 Endurance #5 ¹⁶	Run 5 mi Strength 0:15 ¹⁷	Bike 1:30- 2:00 On hilly route if possible ¹⁸	(WEEK 9) Total 6:15+ S 2:00 B 2:15+ R 9 mi (1:30)
Swim w/Tri Club or 0:30 on own ¹⁹	Bike 0:45 Run 4 mi (separate or as brick) ²⁰	Bike 1:00 Strength 0:15 ²¹	REST DAY ²²	Swim 0:50 Speed #5 ²³	Run 6 mi Strength 0:15 ²⁴	Bike 1:30- 2:00 With 2 x 10 min @ race effort ²⁵	(WEEK 10) Total 6:45+ S 1:20 B 3:15+ R 10 mi (1:40)
Swim w/Tri Club or 0:30 on own ²⁶	Run 4 mi (1 mi easy, 3 x 800 m w/ 400 jog recovery, 1 mi easy) Strength 0:15 ²⁷	Brick: Bike 1:00 then run 3 miles ²⁸	REST DAY ²⁹	Swim 0:50 Endurance #6 ³⁰			

What is “Strength?”

This includes weight lifting, training using your body as resistance, and core exercises. You can do a mix of these following your run or bike. Don't try to do all of these every time- vary it up! If you are new to weight lifting, we suggest starting with very light weights, but doing a high number of reps (3-4 sets of 15-20 reps). Lift in a slow, controlled fashion. Once you're more comfortable with lifting, you can do 3 sets of (15, 10, 5) reps, going from light weights to heavier ones as the reps decrease.

Good weight-room exercises that work large muscle groups used in triathlon:

- Leg press
- Squats w/machine
- Lat-pull down (seated or bent-arm standing)
- Chest press
- Sit-ups w/twist (done on decline bench)
- Seated row

Exercises that may address personal weak spots:

- Adductor/abductors
- Leg curls (quads and/or hamstrings)
- Assisted tricep dips

Core exercises and other things you can do at home:

- Crunches (upper abs)
- Straight leg-lifts lying on back (lower abs)
- Pelvic tilts aka Bridges (abs and back)
- Supermans (back)
- Planks (hold for 30 sec, working up to 1 min)
- Side planks (hold for 15 sec, working up to 30 sec)
- Push-ups
- Tricep dips w/chair
- Wall sits

*For a description of pace categories (EN1,2,3) used in swim workouts see:
http://www.breakwatersportstraining.com/workouts/about_training_categories.html*

Swim Drills #1 (0:30)- total 1100 yards

One common mistake made by new swimmers (including the author) is swimming totally flat in the water. These drills force you to balance on your side and rotate the hips. Lots of kicking in this one!

Warm-up: 200 y swim

Main set:

4 x (25 kick on left side (L arm extended underwater, R arm to side at surface), 25 kick on right side, 50 swim)

2 x 50 corkscrew: rotate 1/4 turn every few kicks (i.e. back to left side to stomach to right side...) (arms at sides)

100 swim (EN2) thinking about snapping hips from side to side

2 x 50 (8 kicks on left side, take one full arm stroke to rotate and do 8 kicks on right side, then 8 on left, 8 on right...)

100 swim (EN2) thinking about snapping hips from side to side

Cool-down: 100 y swim

Swim Endurance #1 (0:40)- total 1400 yards

Warm-up: 200 swim, 100 kick w/board, 100 pull

Main set:

3 x 200 (45 seconds rest in between). Go as slow as you need to avoid stopping at the wall! If necessary, switch to sidestroke for a moment. Try to use bilateral breathing.

4 x 75 (25 easy, 25 build, 25 hard) w/15-20 s rest

Cool-down: 100 swim

Swim Speed #1 (0:40)-total 1300 yards

Warm-up: 200 y swim, 100 kick, 100 swim

Main set:

8 x 25 (EN3) w/20 seconds recovery

50 backstroke easy (if you can, otherwise just kick on back)

50 freestyle easy, thinking about good body position in case you forgot while you were going fast ;)

4 x 50 (EN3) w/30-45 seconds recovery

50 backstroke easy

50 freestyle easy

4 x 25 swim w/10 s rest, start easy and do each 25 faster than the previous one

Cool-down: 200 y swim