



12 Week

My First Sprint Triathlon

Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

Call: 07791 289792 | **Email:** info@thetrilife.com

thetrilife Kent: Kits Coty Cottage, 170 Chatham Road, Aylesford, Kent, ME20 7EG | **thetrilife Wales:** Trelaun, Parc Newydd, Treoes, Bridgend, CF35 5DL

<p>Monday</p> <p>Swim</p> <p>Duration (P):0:20:00</p> <p>Workout Description:</p> <p>Warm up: Flexibility/mobility poolside</p> <p>Main Set:</p> <p>Swim 2 lengths (50m) and then stop and get your breath.</p> <p>Do this 5 times</p> <p>Swim 1 length and then stop and get your breath.</p> <p>Do this 10 times.</p> <p>Swim 2 lengths in a different stroke.</p> <p>Pre Activity Comments:</p> <p>STAR SESSION</p> <p>If this is very easy then limit your rest between swims to 30 s.</p> <p>Week 1 – Getting the foundations right</p> <p>Workout Description:</p> <p>Plan Time: Swim 0:40 Bike 1:15 Run 0:35</p> <p>Total Time 2:30</p> <p>Base 1 - Week 1</p> <p>The first 6 weeks are all about building your endurance .</p> <p>It is a good idea to have your bike serviced and your setup checked out prior to starting this training program.</p>	<p>Tuesday</p> <p>Bike</p> <p>Duration (P):0:30:00</p> <p>Workout Description:</p> <p>An easy spin on a mostly flat route (or trainer). Small chain ring only.</p> <p>Think about pedalling smoothly.</p> <p>EFFORT LEVEL:</p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Wednesday</p> <p>Run</p> <p>Duration (P):0:15:00</p> <p>Workout Description:</p> <p>Run easy on a flat route – grass if possible – practice a cadence of 180 strides per min. Just count your strides for 15 secs and then multiply by 4.</p> <p>EFFORT LEVEL:</p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Thursday</p> <p>Swim</p> <p>Duration (P):0:20:00</p> <p>Workout Description:</p> <p>Warm up: Flexibility/mobility poolside</p> <p>Main Set:</p> <p>Swim 2 lengths (50m) and then stop and get your breath.</p> <p>Do this 7 times</p> <p>Swim 1 lengths and then stop and get your breath.</p> <p>Do this 10 times.</p> <p>Swim 2 lengths in a different stroke.</p> <p>Total 650</p> <p>Pre Activity Comments:</p> <p>STAR SESSION</p> <p>If this is very easy then limit your rest between swims to 30 s.</p>	<p>Friday</p> <p>Day Off: Recovery</p> <p>Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p>Try to take it easy today - recovery is another session!</p>	<p>Saturday</p> <p>Run</p> <p>Duration (P):0:20:00</p> <p>Workout Description:</p> <p>Run easy on a flat route – grass if possible – practice a cadence of 180 strides per min. Just count your strides for 15 secs and then multiply by 4.</p> <p>EFFORT LEVEL:</p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Sunday</p> <p>Bike</p> <p>Duration (P):0:45:00</p> <p>Workout Description:</p> <p>Ride on a gently rolling course. Remain seated on climbs.</p> <p>EFFORT LEVEL:</p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>
						<p>SUMMARY</p> <p>Swim: 0:40:00</p> <p>Bike: 1:15:00</p> <p>Run: 0:35:00</p> <p>Total: 2:30:00</p>

<p>Monday</p> <p>Swim</p> <p>Duration (P):0:30:00</p> <p>Workout Description:</p> <p>Warm up: Flexibility/mobility poolside</p> <p>Swim 4 lengths nice an easy to loosen up.</p> <p>Drills: 50 CU, 50 FS, 50 Drill1, 50 FS, 50 CU, 50 FS, 50 Drill1, 50 FS</p> <p>Main Set: Swim 5 x 100 with 20s rest in between.</p> <p>Cool Down 100 cool down any stroke</p> <p>Total 1000</p> <p>Your Drill 1 will be Shoulder Touch</p> <p>Week 8 – Beginning to build</p> <p>Workout Description:</p> <p>Plan Time: Swim 1:30 Bike 0:45 Run 1:00 Brick 1:45</p> <p>Total Time 5:00</p> <p>Build 1 -week 1</p> <p>IMPORTANT FOR THIS WEEK:</p> <p>Try to get to an open water venue - if not this session can be done at a lido - practice turning round buoys by turning at end of lane without touching the end.</p>	<p>Tuesday</p> <p>Bike</p> <p>Duration (P):0:45:00</p> <p>Workout Description:</p> <p>An easy spin on a mostly flat route (or trainer). Small chain ring only.</p> <p>Warm up for 20 mins then do:</p> <p>8 x 30 s accelerations easy spin for 90 s between accelerations.</p> <p>This workout improves leg speed and neuromuscular pathways.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Wednesday</p> <p>Run</p> <p>Duration (P):0:30:00</p> <p>Workout Description:</p> <p>Run on a flat route.</p> <p>Include 5 x 1 min accelerations (not a sprint just a gradual pick up in pace) with 2 min recoveries.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Thursday</p> <p>Swim</p> <p>Duration (P):0:30:00</p> <p>Workout Description:</p> <p>Warm up: Flexibility/mobility poolside</p> <p>Swim 4 lengths nice an easy to loosen up.</p> <p>Main Set: 1 x 350 with 60s rest 1 x 300 with 60s rest 1 x 250 with 60 s rest</p> <p>Swim 2 lengths in a different stroke.</p> <p>Total 1050</p>	<p>Friday</p> <p>Day Off: Recovery</p> <p>Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p>Try to take it easy today - recovery is another session!</p>	<p>Saturday</p> <p>Run</p> <p>Duration (P):0:30:00</p> <p>Workout Description:</p> <p>Run on a hilly course.</p> <p>Time to work a bit harder!</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-3 RPE: 6-14 Or: Harder breathing and short sentences .</p> <p>Swim : Open Water</p> <p>Duration (P):0:30:00 Distance (P):1000 metersWorkout Description:</p> <p>Warm Up:</p> <p>Spend 5 mins getting used to the water.</p> <p>Main Set: 250 m nice and steady, long strokes, 1 min rest 250 m Race Pace - good effort, 1 min rest 250 m nice and easy, long strokes, 1 min rest Or Swim 750 m course with middle third at a higher effort</p> <p>Skills: Practice turning round a buoy and following a set course in a lake</p> <p>Skills: Practice taking your wetsuit off fast! Total: 1000</p>	<p>Sunday</p> <p>Bike</p> <p>Duration (P):1:45:00</p> <p>Workout Description:</p> <p>This is a brick session where you run as soon as you finish your bike ride. Just like in your race.</p> <p>Ride you bike for 1 hour and 30 mins on a course similar to your race route. Work hard and increase your effort to Zone 3 – see descriptions below.</p> <p>For the last 15 mins Imagine you are in your race and ride as hard as you will in the race – see how it feels</p> <p>Then – FAST transition – and run easy for 15 mins on a flat route.</p> <p>Use shorter strides to begin with – lift yourself up and get into your stride.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-3 RPE: 6-14 Or: Harder breathing and short sentences</p> <p>SUMMARY</p> <p>Swim: 1:30:00</p> <p>Bike: 0:45:00</p> <p>Run: 1:00:00</p> <p>Total: 5:00:00</p>
---	---	---	---	--	---	---