

thetrillife.com 12 Week First Sprint Training Program

Is this the program for you?

This program has been designed for someone with 3 to 5 hours a week to train. It is assumed that you have been doing some activity in the last 8 weeks. If you have just entered your first sprint triathlon then this is the plan for you! Or you may just want to improve on a previous sprint distance triathlon by using a structured program. Whatever your reason – have a great time and please do not be put off by the jargon that you may find – we have tried to keep it to a minimum.

The program that you will see below does include some technical terms but everything should be described in the glossary at the end of this document so don't be put off!

Take a look at Week 1 and Week 8 of this 12 week program to see if it is right for you! And if you have any queries please do not hesitate to call thetrillife.com coaching team on 07791 289792 or email askacoach@thetrillife.com.

Week 1 – Getting the foundations right

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<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>Workout 1 Swim 0:20 Warm up: Flexibility/mobility poolside</p> <p>Main Set: 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>Total 550</p> <p>STAR SESSION</p> <p><i>If this is very easy then limit your rest between swims to 30 s.</i></p>	<p>Workout 1 Bike 0:30 An easy spin on a mostly flat route (or trainer). Small chain ring only.</p> <p>Think about pedalling smoothly.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Workout 1 Run 0:15 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: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p>Workout 1 Swim 0:20 Warm up: Flexibility/mobility poolside</p> <p>Main Set: 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>Touch STAR SESSION</p> <p><i>If this is very easy then limit your rest between swims to 30 s.</i></p>	<p>Workout 1 Day Off None Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p><i>Try to take it easy today - recovery is another session!</i></p>	<p>Workout 1 Run 0:20 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: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p>STAR SESSION</p>	<p>Workout 1 Bike 0:45 Ride on a gently rolling course. Remain seated on climbs.</p> <p>EFFORT LEVEL: Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p>STAR SESSION</p>

Week 8 – Beginning to build!

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<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>Workout 1 Swim 0:30 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><i>Your Drill 1 will be Shoulder Touch</i></p> <p>STAR SESSION</p>	<p>Workout 1 Bike 0:45 An easy spin on a mostly flat route (or trainer). Small chain ring only.</p> <p>Warm up for 20 mins then do: 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>Workout 1 Run 0:30 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>Workout 1 Swim 0:30 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>Touch STAR SESSION</p> <p><i>If this is very easy then limit your rest between swims to 30 s.</i></p>	<p>Workout 1 Day Off None Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p><i>Try to take it easy today - recovery is another session!</i></p>	<p>Workout 1 Run 0:30 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>STAR SESSION</p> <p>Workout 1 Swim 0:30 OPEN WATER Warm Up: 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</p> <p>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>STAR SESSION</p>	<p>Workout 1 Brick 1:45 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>STAR SESSION</p>

Glossary

RPM: Revolutions per minute. This is also known as your cadence.

STAR SESSIONS: STAR SESSIONS are sessions that will have a big impact in the development of your fitness. If you are unable to complete all the sessions in a week because of life commitments and you have to choose one or two, then choose a STAR SESSION!

T pace: In your swim sessions you will see the expression T pace (T stands for threshold, Time Trial or Test Pace). We will calculate your T pace during the program.

Swim Drills and Sessions

Swim Drills: Swim drills are stroke exercises that we use to improve our stroke. Since swimming is 75% technique it is important that drills play an important part in your program.

Units: In the swim sessions the numbers denote the number of metres to be swum i.e., 50 Drill1 will mean 50 m of Drill 1 which will be defined in the program .

Catch Up: Catch Up is a drill to improve the length of our stroke – to ensure that we don't begin our catch/pull phase too early. Complete each full stroke with left or right arm before starting the next stroke with the opposite arm. Bring your hands in line but shoulder width apart before you start your next stroke.

Shoulder Touch: Shoulder Touch drill encourages a high relaxed elbow during the recovery phase. Simply touch the top of your right shoulder with your right hand as it passes to the front of your recovery (over the water) before entering the water. Perform the same with the left hand.

Thigh Touch: Thigh Touch drill encourages the swimmer to finish the stroke as the correct place and not too early. Touch your thigh with your thumb to mark the rearmost point of your stroke.

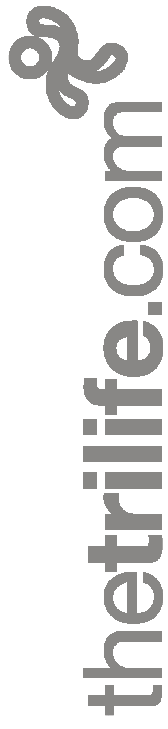
Warming Up and Cooling Down

Warming up and cooling down your muscles are an important part of each and every session to help prevent injury. It is also recommended that you stretch well after each session. If you need any advice on how to stretch safely and effectively please contact thetrillife.com or a local fitness advisor.

How Hard You Should Be Working

To achieve the most from your training you should become aware of your training intensity or how hard you are working. Fitness is achieved by overload followed by recovery and you need the right balance! There are a number of ways to measure how hard you are training. **Please do not be put off by the jargon!!**

In the training program you will see that the required intensity is shown in terms of heart rate zones – but don't worry if your don't have a heart rate monitor because the table below shows other ways of describing these effort zones.



Heart rate monitors have become widely used, although there are limitations. (For example you should be aware that heart rate zones should be reassessed periodically). It is useful to use heart rate in conjunction with RPE or Rate of Perceived Exertion. There are several different scales for RPE. The one used below is a 15 point Borg scale. The following table illustrates a relationship between heart rate zones and RPE.

Heart Rate Zone	Zone Description	% of Maximum Heart Rate	RPE Level	Perceived Exertion
1	Recovery	60-65	6-8	Very, very light
2	Aerobic Endurance	65-75	8-11	Fairly light
3	Intensive Aerobic Endurance	75-82	12-14	Moderately hard
4	Lactate Threshold Training – Aerobic Capacity	82-89	15-16	Hard
5	Anaerobic Endurance – Lactate Tolerance	89-94	17-18	Very hard
6	Power	94+	19-20	Very, very hard

An exercise based field test is the most accurate way of calculating your Maximum Heart Rate –but a starting approximation is given by using the calculation “220 minus your age”!

Note: Heart rate zones suggested by different texts and organizations may vary.

Enough of the words – time to train and have fun!

Good Luck from thetrillife.com coaching team.