



12 Week

# My First Standard Triathlon

## Triathlon Training Program

thetrilife.com 

**Any questions? Contact us!**

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<p><b>Monday</b></p> <p><b>Week 1 – Getting the foundations right</b></p> <p><b>Workout Description:</b></p> <p>Plan Time: Swim 1:30 Bike 2:30 Run 1:15</p> <p>Total Time 5:15</p> <p>Base 1 - Week 1</p> <p>The first 6 weeks are all about building your endurance – be patient – the tougher stuff will come later!</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><b>Swim</b></p> <p><b>Duration (P):</b>0:45:00</p> <p><b>Workout Description:</b></p> <p>Warm up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>We use different drills to help improve our technique. (See Glossary for a description of drills that will be used).</p> <p>Drills: 50 CU, 50 FS, 50 Drill1, 50 FS, 50 CU, 50 FS, 50 Drill1, 50 FS And repeat the drills above!</p> <p>Main Set: 4 x 100 with 20 s Rest (or 20s R) focus on quality of your swimming - count strokes and log in your diary. You will aim to reduce this by 1 every 4 weeks!</p> <p>Cool Down 100 cool down any stroke</p> <p>Total 1400</p> <p>Your Drill 1 will be Shoulder Touch</p>	<p><b>Tuesday</b></p> <p><b>Bike</b></p> <p><b>Duration (P):</b>1:00:00</p> <p><b>Workout Description:</b></p> <p>An easy spin on a mostly flat course (or trainer). Small chain ring only.</p> <p>Check your cadence or revolutions per minute – aim for 90 rpm. Focus on pedaling smoothly.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p><b>Wednesday</b></p> <p><b>Run</b></p> <p><b>Duration (P):</b>0:30:00</p> <p><b>Workout Description:</b></p> <p>Run easy on a flat course – practice a cadence of 180 strides per min.</p> <p><b>EFFORT LEVEL:</b></p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p><b>Thursday</b></p> <p><b>Swim</b></p> <p><b>Duration (P):</b>0:45:00</p> <p><b>Workout Description:</b></p> <p>Warm Up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Drills: 50 CU, 50 FS, 50 Drill2, 50 FS, 50 CU, 50 FS, 50 Drill2, 50 FS Repeat these drills</p> <p>Main set: 2 x 200 with 30 s R focus on form</p> <p>Cool down: 100 cool down any stroke</p> <p>Total 1400</p> <p>Your Drill 2 will be Thigh Touch</p>	<p><b>Friday</b></p> <p><b>Day Off: Recovery</b></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><b>Saturday</b></p> <p><b>Run</b></p> <p><b>Duration (P):</b>0:45:00</p> <p><b>Workout Description:</b></p> <p>Run on a rolling course with some gentle climbs. Work a bit harder going up hill and recover coming down. Allow effort to rise but don't push it.</p> <p><b>EFFORT LEVEL:</b></p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p><b>Sunday</b></p> <p><b>Bike</b></p> <p><b>Duration (P):</b>1:30:00</p> <p><b>Workout Description:</b></p> <p>Ride on a rolling course. Remain seated on climbs.</p> <p><b>EFFORT LEVEL:</b></p> <p>Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <div style="background-color: #4db6ac; padding: 10px; text-align: center;"> <p><b>SUMMARY</b></p> <p><b>Swim: 1:30:00</b></p> <p><b>Bike: 2:30:00</b></p> <p><b>Run: 1:15:00</b></p> <p><b>Total: 5:15:00</b></p> </div>
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<p><b>Monday</b> <b>Week 8 – More building</b></p> <p><b>Workout Description:</b> Plan Time: Swim 2:45 Bike 1:00 Run 1:45 Brick 2:20 Total Time 7:50 Build 1 -week 2 IMPORTANT FOR THIS WEEK: Make sure that you have everything that you need for your race. Some sessions should be done in your race kit to make sure it is comfortable</p> <p><b>Swim</b> <b>Duration (P):</b>0:45:00 <b>Workout Description:</b> Warm up: Flexibility/mobility poolside then 100 easy full stroke Drills: 50 CU, 50 FS, 50 Drill1 50 FS, 50 CU, 50 FS, 50 Drill1 50 FS Main Set: 12 x 100 at T pace with 10s R Cool Down: 100 cool down any stroke Total 1800 Your Drill 1 will be Shoulder Touch .</p>	<p><b>Tuesday</b> <b>Bike</b> <b>Duration (P):</b>1:00:00 <b>Workout Description:</b> Ride on a rolling course. Include 5 x 6 mins at your race pace effort with 2 mins recovery. If possible do this on a 2% hill. Do these efforts in your race position so on tri bars or on drops. EFFORT LEVEL: Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard</p>	<p><b>Wednesday</b> <b>Run</b> <b>Duration (P):</b>0:45:00 <b>Workout Description:</b> Warm up well then: 5 x (2 mins building to Zone 4 , 2 mins recover easy for 2 mins). Steady to end of session EFFORT LEVEL: Heart Rate Zones: to 4 RPE: 15-17 Or: This is hard</p>	<p><b>Thursday</b> <b>Swim</b> <b>Duration (P):</b>1:00:00 <b>Workout Description:</b> Warm Up: Flexibility/mobility poolside then 100 easy full stroke Main Set: 500 at T pace, 50s R, 2 x 50 FAST, 30 s R 400 at T pace, 40s R, 2 x 50 FAST, 30 s R 300 at T pace, 30s R, 2 x 50 FAST, 30 s R 200 at T pace, 20s R, 2 x 50 FAST, 30 s R Cool Down: 100 cool down any stroke Total 2000</p>	<p><b>Friday</b> <b>Day Off: Recovery</b> Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage! Try to take it easy today - recovery is another session!</p>	<p><b>Saturday</b> <b>Run</b> <b>Duration (P):</b>1:00:00 <b>Workout Description:</b> Easy 10 mins warm up then run 20 mins continuous at 10k pace on a flat course, 5 mins easy then repeat. Run easy to cool down and stretch well. STAR SESSION EFFORT LEVEL: Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard <b>Swim: Open Water</b> <b>Duration (P):</b>1:00:00 <b>Workout Description:</b> Warm Up: 200 easy Main Set: 500 m nice and steady, long strokes, 1 min rest 500 m Race Pace - good effort, 1 min rest 500 m nice and easy, long strokes, 1 min rest Or Swim 1500 m course with middle third at a higher effort Skills: Practice turning round a buoy and following a set course in a lake Cool Down: 2 x 100 easy swim. Skills: Practice taking your wetsuit off fast! Total: 2100</p>	<p><b>Sunday</b> <b>Brick</b> <b>Duration (P):</b>2:20:00 <b>Workout Description:</b> Bike 2 hour building effort until the last 20 mins is at the race pace that you hope to be in your race - what was your speed? Fast transition then run 20 minutes at 10k race effort. Walk 5 mins cool down. Practice nutrition and hydration as you would in the race. STAR SESSION EFFORT LEVEL: Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard</p> <p><b>SUMMARY</b> <b>Swim: 2:45:00</b> <b>Bike: 1:00:00</b> <b>Run: 1:45:00</b> <b>Brick: 2:20:00</b> <b>Total: 7:50:00</b></p>
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