Triathlon Training Workout Plan

Week 1:
Day 1- Swim: 8 x 1 (8-25 yd laps)
Day 2- Bike: Ride 30 min working up a good sweat
Day 3- Run: 1 mile
Day 4- Swim: 16 x 1 (16-25 yd laps)
Day 5- REST
Day 6- Bike/ Run Brick
   Bike 60 min *(note: spin classes are offered in the Bennet Center Saturday mornings at 10:15)
   Run 5 miles *(make transition from bike to run as fast as possible)
Day 7: Cross train for 1 hour
   1 hour of non-triathlon sport or exercise

Week 2:
Day 8- REST
Day 9- Bike: 45-60 min ride *(cycle harder than last ride)
Day 10- Run: 1.5 miles
Day 11- Swim: 8 x 50yds (8-50yd laps or 16-25 yd laps)
Day 12- Cross train
Day 13- Bike/ Run Brick
   60 min ride into a 1 mi run
Day 14- Run/ Swim Brick
   3 mi run and 600 yd swim
   100 yd straight swim- 30 sec rest
   6 x 50 hard swim- 30 sec rest
   100 yd kick- 30 sec rest
   100 yd swim cool down

Week 3:
Day 15- REST
Day 16- Bike: 75 min ride
Day 17- Run: 2 mile interval run
   Mile 1- warm up
   Mile 2- run hard for 1 min 3 times over the mile
Day 18- Swim: 600 yd swim
   50 yds kick- 30 sec rest
   100 yd swim- 30 sec rest
   200 yd swim- 30 sec rest
   3 x 50 hard- 30 sec rest
   100 yds easy swim
Day 19- Cross training
Day 20- Bike/ Run Brick: 60 min ride into a 2 mi run (increasing speed)
Day 21- Run/ Swim Brick: 3 mi run followed by 550 yd swim

Note:
25 yds = 1 length of the pool
50 yds = 2 lengths or there and back

Week 4:
Day 22- REST
Day 23- Bike: 60 min ride
Day 24- Run: 2 mi interval run
   90 seconds at faster pace 4 times throughout run
Day 25- Swim: 700 yd swim
   300 yd straight swim- 30 sec rest
   4 x 50yds hard swim- 30 sec rest
   100 yds straight swim- 30 sec rest
   50 yds easy kick
Day 26- Cross training
Day 27- Bike/ Run Brick: 75 min ride into a 1.5 mi run
Day 28- Run: 4 mi at an easy pace

Week 5:
Day 29- REST
Day 30- Bike/ Run Brick: 60 min ride *(4 min at race pace 3 times during ride)
   Followed by 1 mi easy run
Day 31- Run: 3 mi interval run
   60 seconds at fast pace 5 times throughout run
Day 32- Swim: 800 yds
   100 yds easy swim- 30 sec rest
   4 x 75 yds race pace- 30 sec rest
   4 x 50 yds above race pace- 30 sec rest
   4 x 25 yds all out- 30 sec rest
   100 yds easy swim- 30 sec rest
Day 33- Cross training
Day 34- Bike/ Run Brick: 75 mi ride *(5 min at race pace 3 times)
   Into 1 mi easy run, and 1 mi run at race pace
Day 35- Run: 5 mi run *(note: this run is not about speed)

Week 6:
Day 36- REST
Day 37- Ride/ Run Brick: 70 min ride *(5 min at race pace 3 times)
   Into 2 mi run *(First .25 mi hard- jog Last .25 mi hard)
Day 38- Run: 3 mi run *(5 mi easy- 90 sec rest- 1 mi above race pace- 90 sec
   Rest- 1.5 mi decreasing pace)
Day 39- Swim: 1,000 yd
   150 yds easy swim- rest 30 sec
   100 easy kick- rest 30 sec
   4 x 100 yds at race pace- rest 30 sec
   50 yds all out- rest 30 sec
   100 yds easy cool down
Day 40- Cross training
Day 41- Bike/ Run Brick 80 min ride (last 20 min hard) into 3 mi run (2 mi
   Easy run, last mi at race pace)
Day 42- Run: 3 mi easy run

Note:
A brick workout is 2 disciplines with little to no interruption between them
Week 7:
  Day 43: REST
  Day 44: Bike/ Run Brick: 45 min bike (last 5 min at race pace)
           Into 2 mi run (last .25 mi at race pace)
  Day 45: Run: 2 mi taper *(30 sec increased pace 5 times, then jog)
  Day 46: Swim: 600 yd taper
           100 yds easy swim - rest 30 sec
           100 yds easy kick - rest 30 sec
           3 x 100 yds at race pace - rest 30 sec
           50 yds fast - rest 30 sec
           50 yds easy cool down
  Day 47: REST
  Day 48: Race prep brick: 20 min bike (increase pace for 30 sec twice)
           Into a 10 min jog
           *(Note: should be done in the morning at an easy pace)

  Day 49: RACE DAY!!