



Triathlon Training

(Olympic Distance)

So this is how it starts! You've decided to take up a challenge and entered into a triathlon. Before you know it your race number gets posted, it's only a few months before race day, and panic sets in! After all, you've signed up for a timed multi-discipline event where you swim, bike and run for at least 2 hours, so a little apprehension is understandable.

If this, coupled with the thought of racing against a bunch of strangers around an unfamiliar course with strict rules and crowds of people watching is sending you mad, then try this general training plan to get you started:

Prehab Resistance Training

2 sessions a wk for first 6 weeks

All exercises to consist of - 3 x 20 Reps plus unless stated, 30 secs Rest

- Single Leg Squat (4 Base Step) B/W (Body Weight)
- Split Squat B/W
- Press Ups B/W
- Bent Over Row 30 kg Bar
- Plank (Elbows and Toes) 5 hold for 30 secs
- Hyperextensions (Lie face down bring head and toes up) 5 hold for 30 secs

Note : Add reps every session to 50 max each set and don't forget to dynamic stretch pre workout.

Swim

Technical Drills – 1-2 sessions per week

- 200m Warm up
- 80m Kick (no board)
- 80m Single Arm (no board, focus on the pull and rotation)
- 80m Catch-up
- 80m Full Stroke
- Repeat x 4

400m swim

Distance Swim - 1 session per week

1km plus

(Continuous swim with no warm up looking to maintain good stroke rate.)

Bike

Using Turbo Trainer on CV floor unless stated

Distance Ride - 2 sessions per week (outside ride)

Add distance weekly by 10%, start with 10km each session then build up to 30km

Interval Ride - 1 session every 2 weeks

- 10 min warm up 70 % of MHR (Maximum Heart Rate)
- Choose a gear you can maintain for 4 mins at 90% of HRM (hard), then change down a gear (easy) for 3 mins at 60 % HRM
- Repeat x 5
- 10 mins cycle down
- 45 mins total

Power ride

- Warm up 20 mins
- Using the incline setting take it up to the max and choose a high gear
- Stay in the seat and pedal hard for 10 on right leg then swap to your left for 10.
- Repeat x 3
- Take it back to flat and cycle easy for 5 mins
- Repeat x 5
- 15 mins cycle down
- 60 min total.

Run

All runs to be performed outside unless stated

10% Distance Run - 2 sessions per week

Choose a pace you can maintain for 30 mins and build up distance by 10% every 2 weeks - average heart rate 65%-70% HRM

Interval run 1 – alternate with Interval Run 2 every week

- 10 min warm up
- Find a 400m round distance or track
- Run above race pace at 90% HRM for 400
- Fast walk or light jog same distance
- Repeat x 5
- Jog down easy 10 mins

Interval Run 2 - on treadmill

- 15 warm up @ 70% MHR
- Dynamic Stretch
- 1 min @ 90% HRM
- 1 min @ 60% HRM
- Repeat x 10
- 10 mins easy jog.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wed</u>	<u>Thurs</u>	<u>Friday</u>	<u>Sat</u>	<u>Sun</u>
<u>Wk</u> <u>1</u>	RDR	BDR	OFF	ST	R	OFF	SD
<u>Wk</u> <u>2</u>	RDR	BDR	OFF	ST	R	OFF	SD
<u>Wk</u> <u>3</u>	RI 1	BIR/RI 2	OFF	ST	R	OFF	BDR/RI 2
<u>Wk</u> <u>4</u>	RT1	BIR/RI 2	OFF	ST	R	OFF	BDR/RI 2
<u>Wk</u> <u>5</u>	RDR	BPR	OFF	ST/SD	BIR	OFF	BDR/RD R
<u>Wk</u> <u>6</u>	OFF	BPR	OFF	ST/SD	BIR	OFF	BDR/RD R

Key R – Resistance, BDR – Bike Distance Ride, BIR – Bike Interval Ride, BPR – Bike Power Ride, RDR – Run Distance, RI – Run Interval, ST – Swim Technique, SD – Swim Distance

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Contact Gareth for further information or advice!