



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

How to use this training program:

This plan is intended for those athletes looking to go a little faster during their event and not just looking 'to finish'. It's not intended to break any land speed records, just go a little faster than if you were to use the Beginner's Program!

The plan assumes that you are in good health and can comfortably complete each of the sessions set out in week one. It also assumes that you have access to a bike (mountain bike is fine) or a stationary bike. If you can't do these minimums, then that is the initial goal. Once you can do that, you can start this plan.

Your plan has two swims, two bikes and two runs. You can see in the plan that the same sport sessions are spread across the week with two or three days between them. This allows your body to adapt before the next workout using the same muscles – this is particularly important for running as it will reduce your risk of injury.

You can change the days around but try and keep at least one day between the same discipline (i.e. the swims or the bike or the runs). Also try and avoid doing two things on the same day. By following these simple rules you'll get the benefits of the training without added risk. The easiest way to shift sessions is to swap the Saturday and Sunday around and swap the Tuesday and Wednesday around.

This program is a safe conservative, low injury risk approach to kick starting your triathlon season, but it is always wise to check with your GP before starting any new exercise program.

Happy Training!



WEEK ONE

The key thing this week is to make the time! Don't feel any pressure to jog if you haven't done so for a while (or ever)! Better to walk - you will get plenty of benefit from that!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	20min				20min		
	50m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 20min of swimming Stretch shoulders for 10min at the end If you can do more then feel free to do so				50m or 100m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 10min of swimming Stretch shoulders for 10min at the end If you can do more then feel free to do so		
Bike			30min				40min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Stop as needed Best on a bike path or grass field Work on spinning the legs Can be indoors on a gym bike if so do 5x6min Easy Spinning with 1-2min of stretching between				An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 5x8min Easy Spinning with 1-2min of stretching between
Run		30min				30min	
		Flat Easy Jog				Same as Tuesday	



WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	20 min				20min		
	100m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 20min of swimming Stretch shoulders for 10min at the end	•			50m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 20min of swimming Stretch shoulders for 15min at the end		
Bike			30min				40min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 4x5min Easy Spinning with 1-2min of stretching between				An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 5x8min Easy Spinning with 1-2min of stretching between
Run		30min				30min	
		Flat Easy Jog				Flat Easy Jog	

Be patient with yourself, consistency is the name of the game. It's always better to do a shorter training session than nothing. Stay focused and determined to make the time and just START each session.



WEEK THREE

You will now notice that you are getting fitter. Remain patient here & don't risk doing more unless you are sure it will be fine. This would be a good week to seek someone in in your local area to give you some advice on your swimming technique. If you do that replace one of the scheduled swims with a lesson. (See training sessions on www.tri.co.nz for more info)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	15min				15min		
	100m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 15min of swimming Stretch shoulders for 10min at the end				50m Reps, rest AS NEEDED but min rest is 30sec As many as you can fit into 15min of swimming Stretch shoulders for 15min at the end		
Bike			30-40min				50min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 5x6-8min Easy Spinning with 1-2min of stretching between				An Easy ride on the flat Work on spinning
Run		30min				30min	
		Undulating (pref no hills longer than 2min up) Easy Jog				Undulating (pref no hills longer than 2min up) Just an easy jog <i>Recommend coffee and a good mag to finish with</i>	



WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	15min				15min		
	3-4x150m, with 30sec Rest then 50m reps Easy if you get tired then shorten to 100 or 50m reps with 30sec Rest Can inc 4x25m Kick if you like! Focus: Just get it done!				4x50m Easy Then as long as you can swim continuously up to 400m Have a 1min rest then finish with 50s until 15min is done		
Bike			30-0min				60min
			An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3 or 4x10min with 2-3min of stretching between		This would be a good day to do some general stretching after the swim		An Easy ride on the flat Work on spinning
Run		30min				35min	
		Flat Easy Jog				Undulating (preferably no hills longer than 2min up). Just an easy jog Time for coffee and a mag	

Right... By now you will be feeling much fitter – keep pushing here as you will get a lot of benefits by completing the rest of the plan!



WEEK FIVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	15min				15min		
	150m Reps, rest AS NEEDED but min rest is 40sec As many as you can fit into 20-25min of swimming Stretch shoulders for 10min at the end				4x50m Easy Then as long as you can swim continuously. Have a 1min rest then finish with 50s until 15min is done. Some general stretching after the swim		
Bike			30min				45min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3x10min Easy Spinning with 2-3min of stretching between		General stretching after the gym		An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 3x15min Easy Spinning with 2-3min of stretching between
Run		20min				20min	
		Flat Easy Jog Have a good 10-15min stretch at the end				Undulating (preferably no hills longer than 2min up) Just an easy jog Walk Jog: 3min Jog, 2min Walk	

Work on the Jog or Walk/Jog. Push the uphill walking and jog as much as you can safely do.



WEEK SIX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	25-30min				30 min		
	As many 200m efforts as you can fit in, with 30sec Rest if you get tired then shorten to 50m reps with 30sec Rest Can inc 4x25m Kick if you like! Focus: Just get it done!				4x50m Easy Then as long as you can swim continuously in one go up to 500m Have a 1min rest then finish with 50s until time is done		
Bike			45min				60min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3x15min Easy Spinning with 2-3min of stretching between		General stretching after the swim		An Easy ride on the flat Work on spinning. Can be indoors on a gym bike if so do 3x15min Easy Spinning with 2-3min of stretching between
Run		30min				40min	5min
		Undulating Easy Jog Uphills will be harder, just grind them out				Just an easy, preferably flat.	After the bike, focus on using a short fast stride (can be done on a treadmill)

Well done so far. Your event is getting closer and you just need to be as consistent as you can. Plan your week so that you can get all your training done.



WEEK SEVEN

One week to go! The bike to run session on Sunday will really help make your 'day' next week easier.

Practice your transition (going from bike to run) as you plan to do it at the event.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	30min				30 min		
	As many 100m efforts as you can fit in, with 30sec Rest if you get tired then shorten to 50m reps with 30sec Rest inc 4x12.5m Kick if you like! Focus: Just get it done!				4x50m Easy Then as long as you can swim continuously in one go up to 500m Have a 1min rest then finish with 50s until time is done General Stretching		
Bike			45min				60min
			Optional Do this if you have the time AND feel good An Easy ride on the flat Work on spinning the legs Can be indoors on a gym bike if so do 3x15min Easy Spinning with 2-3min of stretching between				An Easy ride on the flat Work on spinning.
Run		30min				40min	10min
		Flat Easy jog				Just an easy jog <i>Don't forget your coffee/mag break!</i>	After the Bike, run or walk for 10min, Ifocus on using a short fast stride



WEEK EIGHT

CONGRATULATIONS!

You are now ready to complete your Contact TriWoman event!

Enjoy your day, and don't forget to SMILE at the finish!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	30min				20 min		
	As many 150m efforts as you can fit in, with 30sec Rest If you get tired then shorten to 100m or 50m reps with 30sec Rest inc 4x12.5m Kick if you like! Focus: Just get it done, does not need to be fast				50m Reps, rest AS NEEDED but min rest is 30sec Some can be moderate As many as you can fit into the time Stretch shoulders for 15min at the end		Contact TriWoman Event Day!**
Bike			30min Optional			30min	
			An Easy ride on the flat. Work on spinning the legs Can be indoors on a gym bike if so do 3x10min easy spinning with 2-3min of stretching between			Just a nice easy spin on the bike if you wish.. .	Contact TriWoman Event Day! **
Run		20min					
		Easy jog with some small hills					Contact TriWoman Event Day! **

**** If your event is on Saturday, miss the Saturday bike session (can do earlier in the week if you want to...)**