

SPRINT TRIATHLON TRAINING PLAN

8 WEEKS (FOR BEGINNERS)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	20 Min Easy Cycle	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	30 Min Easy Cycle	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Easy Swim (Non Stop)	Rest Day
3	1 Mile Run (Non Stop)	45 Min Easy Cycle	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	1.5 Mile Run (Non Stop)	10 x 2 Min Zone 4 Cycle/1 Min Recovery	Rest Day
4	2 Mile Run	50 Min Easy Cycle	15 Min Easy Swim (Non Stop)	Rest Day	10 x 1 Min Zone 4 Run/1 Min Zone 1 Jog	10 Min Swim + 45 Min Zone 3 Cycle	Rest Day
5	2 Mile Run + 4 x 50m Strides	60 Min Easy Cycle	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	20 Min Easy Swim (Non Stop)	30 Min Cycle + 10 Min Run	Rest Day
6	2.5 Mile Run + 4 x 50m Strides	70 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	600m Easy Swim (Zone 2)	Swim 500m, Run 2 Miles, Cycle 10 Miles	Rest Day
7	3 Mile Run + 4 x 75m Strides	75 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	45 Min Zone 2 Cycle + 15 Min Zone 3 Run	5 x 3 Min Zone 4 Cycle/1 Min Recovery	Rest Day
8	2 Mile Run + 4 x 75m Strides	30 Min Easy Cycle	10 Min Easy Swim (Zone 2)	Rest Day	15 Min Easy Cycle or Run	Race!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

Check out our extensive range of Training Plans (and much more!) at MarathonHandbook.com

Triathlon Workout Planner

Mark Sisson, Ray Hosler

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Triathlon Workout Planner:

Triathlon Workout Planner John Mora, 2006-01-18 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received **Triathlon Training Handbook** Terri Schneider, 2018-02-27 The comprehensive guide to achieving your triathlon goals through a three stage fitness training program Combining running swimming and biking specific exercises with complementary endurance and strength training The Triathlon Training Handbook approach emphasizes targeted fitness milestones alongside proper recovery These workouts provide easy to follow programs divided weekly and by level beginner intermediate advanced **PROVEN TECHNIQUES FOR STRENGTH AND ENDURANCE** Combining proven strength and endurance training routines with specific skill programs The Triathlon Training Handbook lets you push your body to reach its full potential getting the results you want while avoiding stress based injury and unwanted setbacks **EASY TO FOLLOW WORKOUT PLANS** With workouts perfect for anyone from beginners to experts The Triathlon Training Handbook allows people to jump right in at their personal fitness level making the workouts quick and easy to include in your existing routines **ONLINE SUPPORT THROUGH GETFITNOW PLATFORM** Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more **EXPERT PRESENTATION GUARANTEES RESULTS** The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer and puts it right in your hands Training tips and expert notes are included as well as a training journal where you can log your progress **Triathlon Training For Dummies** Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day It helps you find the motivation you need to stick to your program eat better to maximize your energy and prevent injuries both before and during the race This authoritative guide helps you evaluate your cardiovascular fitness muscle strength endurance and flexibility and to set manageable realistic training goals You ll learn how to establish a workout schedule choose a target finish time get the right affordable equipment you ll need for each leg of the race and maximize your fitness and form for swimming biking and running You ll also get plenty of help in putting it all together as you focus your training add dual workouts become a quick change artist and save time during transitions Discover how to Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic Sprint or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you lists of items to bring along on race day and tips on registration formalities and racing etiquette *Strength Training for Triathletes* Patrick Hagerman, 2015-01-10

Strength Training for Triathletes offers a comprehensive strength training program for triathlon that will help triathletes build power speed and muscular endurance for faster racing over any race distance Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman EdD reveals a focused triathlon specific strength training program that will enable triathletes to push harder during training and on the racecourse when the effort is hardest Triathletes who master this progressive strength training program will also become more resistant to injury meaning fewer missed workouts Strength Training for Triathletes features 75 of the most effective strength training exercises for triathlon swimming cycling and running plus core strength and general conditioning Full color photographs illustrate each simple exercise and exercises are grouped so athletes can focus on their own individual performance limiters Hagerman simplifies the science underlying strength training offering easy to follow guidelines on resistance and reps that will make triathletes stronger through every phase of the season Strength Training for Triathletes develops these abilities in triathletes More powerful longer lasting muscles Resistance to fatigue and injury Improved body composition with stronger leaner muscle mass Better performance without added bulk New in this second edition are sample strength training programs for the most popular triathlon race distances and for each of triathlon s three sports full color photographs showing detailed body positions for each exercise several new exercises new indexes that specify body weight exercises and weighted exercises an exercise log template to track your goal weights and a new index to improve usability Strength training often separates the top performers in triathlon from the middle of the pack Even small improvements in muscle strength can add up to big race results Strength Training for Triathletes makes it simple for triathletes of all levels to get stronger and race faster Triathlon Training Journal Dariusz Janczewski,2009-10-06 Triathlon and Ironman Training Journal is a traditional workout log and more In the Journal you the athlete are able to not only record your daily training routines but also keep a personal diary track the diet and plan the rest of your day The Journal has enough pages 400 to last you a whole year and as the dates for each day are filled in by you it may be started at any time of the year *Inside Triathlon* ,2007 The High-performance Triathlete Katherine Vaz,Barclay Kruse,1985 **Triathlon Training Book** Mark Sisson,Ray Hosler,1985 *Triathlon 101* John Mora,2009-03-26 Triathlon 101 helped thousands of athletes take the guesswork out of multisport training and racing Now this best seller returns updated with more top notch information and solidifying its status as the essential guide for multisport success In this new edition you ll learn these techniques and strategies Choose the best equipment for your goals terrain and budget Create your own triathlon program for various distances and events Know how when and what to eat and drink when training or competing Prevent overtraining and recover from common injuries Swim and navigate in open water Smoothly and quickly transition from one leg of the race to the next Taper your training for peak performance on race day Sample training programs the latest recommendations on equipment correct technique and expert advice from pros and coaches Terry Laughlin Lauren Jensen and Troy Jacobson will help you improve your skills and times in every event Spare

yourself the trial and error experiences that can lead to injury or discouraging results Be a smart triathlete from the start For developing multisport athletes the best course available is Triathlon 101 Training Plans for Multisport Athletes Gale Bernhardt,2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels **Paul Perry's Complete Book of the Triathlon** Paul Perry,1983 **The Complete Triathlon Endurance Training Manual** Patricia Bragg,Bob Johnson,1985

Triathlon Training in Four Hours a Week Eric Harr,2003-05-16 A training program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter and offers information on how to tailor a workout for individual needs Resistance Training Routines for Triathletes Ben Greenfield,2012-05 Resistance Training Routines for Triathletes is an easy to understand manual with complete instructions and guides to cutting edge strength training programs for multi sport athletes This book contains the identical routines that triathlete Ben Greenfield uses in his triathlon training adapted for all experiences and fitness levels and designed in an easy to follow format This book also includes access to detailed high quality video instructions and workout demonstrations **The Triathlete's Training Bible** Joe Friel,2004 Coach Joe Friel touts the benefits of creating a scientific self coached training plan to refine your skills and improve your triathlon performance You will learn how to train smarter not harder and apply proven techniques for increasing endurance without overtraining Friel equips you with the know how to build a personal training plan based on your individual needs and goals for the next racing season In addition to the physical aspect of training Friel addresses the importance of mental preparation and training from attitude to zealously Whether you are an amateur professional or training for your first triathlon event you will find comprehensive information to help you achieve your goals and reach your maximum potential Page 4 cover **Sports Coach** ,2004 **Journal of Sports Medicine and Physical Fitness** ,1988 Includes FIMS official bulletin of Federation Internationale de Medecine Sportive Sally Edwards' Heart Zone Training Sally Edwards,Randy Saks,1996 Shows how exercise affects your heart rate both during workouts and over time

Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal The Tool to Enhance Your Look Feel and Better Performance Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance

target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every week Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete Triathlon Workout and Nutrition Journal Red Tiger Press,2019-11-29 Triathlon Workout and Nutrition Journal This journal is perfect for any serious triathlete that is working to get fitter stronger and leaner Each double spread consists of a page to fill out strength training and cardio workout details each day and a page to fill out and track nutrition including macronutrients calorie intake and water intake There are enough pages to fill out a total of 59 days of data Size 6 x 9 in 120 Pages Matte soft cover Printed on white paper Perfect bound

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