

First Timers' Program 12 Week International Triathlon Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest Day Every good program starts with a rest day!	Run: 30 min Comfortable pace. Run/walk option--2 min. run, then 1 min. wal2	Bike: 30 min This can either be done on a trainer, a spin bike, or outside	Swim: 600m <i>Warm-up:</i> 50m with kickboard <i>Main set:</i> 4 x 50m with 10 seconds rest between. 3 x 100m with 15 seconds rest between. <i>Cool-down:</i> easy 50m	Rest Day Take yoga or stretch.	Run: 35 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 45 min This can either be done on a trainer, a spin bike, or outside.
Week 2	Rest Day Take yoga or stretch.	Run: 30 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 30 min This can either be done on a trainer, a spin bike, or outside.	Swim: 700m <i>Warm-up:</i> 50m with kickboard <i>Main set:</i> 4 x 50m with 10 seconds rest between. 4 x 100m with 15 seconds rest between. <i>Cool-down:</i> easy 50m	Rest Day Take yoga or stretch.	Run: 35 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 45 min This can either be done on a trainer, a spin bike, or outside.

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<p>Week 3</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 40 min</p> <p>Comfortable pace. Run/walk option--2 min. run, then 1 min. walk</p>	<p>Bike: 45 min</p> <p>This can either be done on a trainer, a spin bike, or outside</p>	<p>Swim: 800m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 6 X 50m with 10 seconds rest in between. 4 x 100m with 15 seconds rest between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.45 mi. (~750m)</p>	<p>Brick: Bike 45 min, then a 10 min run.</p> <p>The run should be completed right after you get off of the bike.</p>
<p>Week 4</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 45 min</p> <p>Comfortable pace. Run/walk option--2 min. run, then 1 min. walk</p>	<p>Bike: 60 min</p> <p>This can either be done on a trainer, a spin bike, or outside</p>	<p>Swim: 1000m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 2 X 50m with 10 seconds rest in between. 5 x 100m with 15 seconds rest between. 2 x 150m with 20 seconds rest between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.5 mi. (~800m)</p>	<p>Brick: Bike 60 min, then a 10 min run.</p> <p>The run should be completed right after you get off of the bike.</p>

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<p>Week 5 *Recovery</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 30 min Comfortable pace. Run/walk option, 3 min run and 1 min walk.</p>	<p>Bike: 45 min This can either be done on a trainer, a spin bike, or outside</p>	<p>Swim: 800m <i>Warm-up:</i> 50m kick <i>Main set:</i> 6 X 50m with 10 seconds rest in between. 4 x 100m with 15 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.5 mi. (~800m)</p>	<p>Brick: Bike 45 min, then a 10 min run. The run should be completed right after you get off of the bike.</p>
<p>Week 6</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 50 min Comfortable pace. Run/walk option, 3 min run and 1 min walk.</p>	<p>Bike: 60 min Try to get outside!</p>	<p>Swim: 1000m <i>Warm-up:</i> 50m kick <i>Main set:</i> 5 X 100m 15 seconds rest in between. 2 x 200m with 20 seconds between. <i>Cool-down:</i> 50m easy</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.75 mi (~1200m)</p>	<p>Brick: Bike 60 min, then a 15 min run. The run should be completed right after you get off of the bike.</p>

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<p>Week 7</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 55 min</p> <p>Comfortable pace. Run/walk option, 4 min run and 1 min walk.</p>	<p>Bike: 60 min</p> <p>Try to get outside!</p>	<p>Swim: 1200m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 5 X 100m with 15 seconds rest between. 3 x 200m with 20 seconds rest between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.75 mi (~1200m)</p>	<p>Brick: Bike 90 min, then a 10 min run.</p> <p>The run should be completed right after you get off of the bike.</p>
<p>Week 8</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 60 min</p> <p>Comfortable pace. Run/walk option, 4 min run and 1 min walk.</p>	<p>Bike: 60 min</p> <p>Try to get outside!</p>	<p>Swim: 750m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 3 X 150m. 1 X 200m. 30 seconds rest between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.75 mi (~1200m)</p>	<p>Brick: Bike 20 miles, then a 15 min run.</p> <p>The run should be completed right after you get off of the bike.</p>

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<p>Week 9</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 30 min Comfortable pace. Run/walk option, 4 min run and 1 min walk.</p>	<p>Bike: 45 min Try to get outside!</p>	<p>Swim: 900m <i>Warm-up:</i> 50m kick <i>Main set:</i> 4 X 200m. 20 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.5 mi (~800m)</p>	<p>Bike: 15 miles</p>
<p>Week 10</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 60 min Comfortable pace. Run/walk options, 5 min run and 1 min walk.</p>	<p>Bike: 60 min Try to get outside!</p>	<p>Swim: 1500m <i>Warm-up:</i> 50m kick <i>Main set:</i> 5 x 100m with 10 seconds rest. 3 x 300m with 20 seconds rest. <i>Cool-down:</i> 50m easy</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 1.0 mi (~1600m)</p>	<p>Brick: Bike 25 miles, then a 15 min run. The run should be completed right after you get off of the bike.</p>

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Week 11	Rest Day Take yoga or stretch.	Run: 45 min Comfortable pace. Run/walk options, 5 min run and 1 min walk	Bike: 60 min Try to get outside!	Swim: 1500m <i>Warm-up:</i> 50m kick <i>Main set:</i> 5 x 100m with 10 seconds rest. 3 x 300m with 20 seconds rest. <i>Cool-down:</i> 50m easy	Rest Day Take yoga or stretch.	Open Water Swim: 1.0 mi (~1600m)	Brick: Bike 25 miles, then a 15 min run. The run should be completed right after you get off of the bike.
RACE WEEK	Rest day	Swim: Easy 300m	Run: 15 min Swim: 200m	Bike: 40 min	Rest Day	Run: Easy 15 min	RACE DAY