

## 8 Week Beginner Triathlon Training Program

Novice triathletes should be training about 9-12 hours per week

Some things to get arranged prior to training are:

- A pool for swimming,
- Regular weekday spin classes
- Neighborhood run course

Equipment needed:

- Swimming – goggles, kick board, swim fins, pull buoy, carry bag
- Spin classes – water bottle, bike shorts, loose fitting jersey (always bring towel to wipe down equipment)
- Running – proper fitting shoes, running shorts, comfortable shirt, hat & sunglasses, chronograph watch
- Cycling – a bike that fits your size, bike shorts, water bottles, helmet, gloves, sunglasses and a bike jersey

Seek out a running store where they know how to properly fit you for your running shoes. Yes they may cost a little more but the extra cost is in the professionals who know how to fit you with the right shoes. Remember the shoes protect you from injury, cheap shoes promote injuries but good shoes prevent injuries.

Same deal with a bike, go to a store that knows how to put you on a bike that fits. Start with a reasonably priced bike and as your interest in the sport grows you can always upgrade your bike. A good figure for a starter bike is around \$800.00.

I suggest joining a fitness facility that provides you a lap pool and spin classes. An extra benefit will be the weight machines for strength training.

Last but a most valuable portion of your training is to find a group or establish a group to train with. It helps to have support while you're going through the training and a group can provide that better than

any on-line coach. Training partners can keep you accountable and focused plus the new found friendships makes an enjoyable journey.

This training program can be modified any way to fit your schedule. But whatever you do, keep your date with the program. I like the philosophy of "Train hard to win easy."

Mondays are always your day off so each week will start on Tuesday.

If you miss a day don't fret or try to double up the next day. That day's gone, let it go and get back on track the next day.

### **Week One:**

Tuesday: Swim  
Run 30 minutes

Wednesday: Spin bike class  
Weights

Thursday: Swim  
Run 30 minutes

Friday: Spin bike class  
Run 30 minutes

Saturday: Swim  
Weights

Sunday: Bike Ride – 1 hour  
Run 30 minutes

### **Week Two:**

Tuesday: Spin bike class  
Run 30 minutes

Wednesday: Swim  
Weights

Thursday: Spin bike class  
Run 30 minutes

Friday: Swim  
Weights

Saturday: Run one hour  
Swim

Sunday: Bike ride – 1 hour  
Run 30 minutes

**Week Three:** Repeat Week One

**Week Four:** Repeat Week Two

**Week Five:**

Tuesday: Swim  
Run 40 minutes  
Weights

Wednesday: Spin bike class  
Run 30 minutes

Thursday: Swim  
Run 40 minutes  
Weights

Friday: Spin bike class

Saturday: Run one hour  
Swim

Sunday: Bike ride – 2 hours  
Run 30 minutes

**Week 6:**

Tuesday: Run one hour  
Weights

Wednesday: Spin bike class  
Run 30 minutes

Thursday: Swim  
Weights

Friday: Spin bike class  
Run 45 minutes

Saturday: Swim

Sunday: Bike Ride – 2 hours  
Run one hour

**Week 7:** Repeat Week 5

**Week 8:**

Tuesday: Swim  
Weights

Wednesday: Spin bike class

Run one hour

Thursday: Swim  
Weights

Friday: Spin bike class  
Swim

Saturday: Run 1 ½ hours

Sunday: Bike ride – 2 hours  
Swim

**Sample Swim Workouts:**

- 200 warm up
  - 200 kick drill
  - 4 x 100 start one each 3 minutes
  - 4 x 50 fast
  - 200 warm down
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- 200 warm up
  - 200 kick drill
  - 4 x 100 start one every 3 minutes
  - 4 x 200 start one every 5 minutes
  - 1 x 400 in 6 minutes
  - 200 warm down
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- 200 warm up
  - 200 kick drill
  - 3 x 200 start one every 5 minutes
  - 2 x 400 start one every 8 minutes
  - 2 x 500 start one every 10 minutes
  - 200 kick drill
  - 200 warm down
- 
- 200 warm up
  - 200 kick drill
  - 6 x 50 start one every 90 seconds
  - 4 x 100 start one every 2:30 minutes
  - 2 x 500 start one every 8 minutes
  - 1 x 800 in 12 minutes
  - 200 kick drill
  - 200 warm down