

# 8-WEEK BEGINNER TRAINING PLAN FOR YOUR FIRST SHORT COURSE TRIATHLON



## RATE OF PERCEIVED EXERTION (RPE) TRAINING

**ZONE 1:** Gentle rhythmic breathing. Pace is easy and relaxed. The intensity is a jog, or very easy swim or bike spins

**ZONE 2:** Breathing rate and pace increase slightly. You should still be comfortable but with slightly deeper breathing.

Running and cycling pace remains comfortable and conversation is possible

**ZONE 3:** Become aware of breathing a little harder. Pace is moderate with a stronger swimming, cycling or running rhythm.

**ZONE 4:** Starting to breathe hard, pace is fast and beginning to get uncomfortable and should be challenging to maintain.

**ZONE 5:** Breathing is deep and forceful and you may notice a second significant change in breathing pattern. Pace is all-

*RPM = revolutions per minute or cadence : ZONE = perceived effort zone (see table above): (") = indicates rest in between intervals.*

**ADDITIONAL NOTE:** For the swim workouts (e.g., "16x25"), either yards or meters are acceptable, depending on your pool. A "25" is one length and a "50" is down and back.

### Week 1

Be conservative with your effort, but strong in your conviction to complete the schedule during your first week of this sprint triathlon training plan. Start sprint triathlon training sessions easy to warm up. Bike Tip: RPM stands for revolutions per minute, which is your cadence. To determine RPM without a cycling computer, simply count the number of times your right knee comes up in the pedal stroke for 30 seconds, then double that number.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 16x25 (with 30" rest). Pace these evenly and start slow. Zone 1.	<b>Run:</b> 5x(2-min walk/3-min run in Zone 1), flat terrain.	REST	<b>Swim:</b> 10x50 (with 45" rest), Zone 1.	<b>Bike:</b> 45 min on flat terrain, Zone 1 at 80–90 RPM.	<b>Run:</b> 6x(1.5-min walk/3.5-min run in Zone 1), flat terrain.

### Week 2

In only your second week of this plan, you are already increasing your fitness at this point. Each session is a stepping stone to the following week, so take pride in executing the workouts well from start to finish. Take your rest days as scheduled and eat well. If you want to be an athlete, you must fuel like one!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 24x25 (30"). Pace these evenly. Zone 2.	<b>Bike:</b> 30' flat terrain as 15' Zone 1, 15' Zone 2 at 80–90 RPM.	<b>Run:</b> 2x10' (2' walk- ing rest), flat terrain, Zone 1.	REST	<b>Swim:</b> 12x50 (35"). Pace these evenly. Zone 1.	<b>Bike:</b> 45' rolling terrain as 15' Zone 1, 30' Zone 2 at 80–90 RPM.

### Week 3

Always be moving forward physically and mentally with no coasting. When riding uphill, flat or downhill, pay attention to the pressure on your pedals, which is energy pushing the bike forward. When running and swimming, think about even rhythm and cadence pushing you forward. Mentally focus always on doing your best work, best effort, and positive self-talk in sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 8x75 (40"). Pace these evenly. Zone 2.	<b>Bike:</b> 55' flat terrain as 20' Zone 1, 35' Zone 2 at 85–95 RPM.	<b>Run:</b> 20' rolling terrain as 10' Zone 1, 10' Zone 2.	REST	<b>Swim:</b> 4x100 (45"), Zone 2. 6x50 (30"), just a little faster in Zone 3.	<b>Run:</b> 30' flat terrain, Zone 1.

### Week 4

As you reach the midpoint of this training plan, reconnect with why you want to do a tri. What do you like about sport and what makes you feel good when you are out there training? The answers to these questions are what will get you through the most challenging days, and they are what you will draw upon on race day. This is also a good time to start thinking about what you'll eat on race day, as you want to practice all foods before and during the race in training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 12x75 (20") as 6 in Zone 2, 6 in Zone 3.	<b>Bike:</b> 70' rolling to hilly terrain as 20' Zone 1, 50' Zone 2 at 85–95 RPM.	<b>Run:</b> 40' rolling terrain as 15' Zone 1, 25' Zone 2.	REST	<b>Swim:</b> 10x100 (25"), Zone 2.	<b>Bike:</b> 45' flat terrain, Zone 1 at 90–100 RPM. <b>Make a quick transition into running shoes and then RUN:</b> 20' off the bike, flat terrain, Zone 2.

### Week 5

If there's one thing you've proven by taking on this training plan, it's that you are tough! Training is "good" discomfort, where you develop strong coping skills for race day. Your Sunday transition run (which, in combination with the bike, is called a **brick** workout) is a perfect place to practice physical and mental race skills as well. Be organized and focused on starting your run immediately off the bike by having a place to drop your bike and your run shoes ready. Create your own transition area to practice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 2x200 (30"). 4x100 (20"). All Zone 2.	<b>Run:</b> 40' rolling terrain as 15' Zone 1, 25' Zone 2.	<b>Bike:</b> 80' rolling to hilly terrain as 20' Zone 1, 25' Zone 2, 15' Zone 3, 20' Zone 2 at 90–95 RPM.	REST	<b>Swim:</b> 500 (2'). 5x100 (20"). All Zone 2.	<b>Bike:</b> 60' flat terrain, Zone 1 at 90–100 RPM. <b>Quick transition into Run:</b> 20' off the bike, flat terrain, Zone 2.

### Week 6

This is the last two-week training segment of your training plan before you back off for race taper week. Make the most of each session, pull in all the resources and learning from the past five weeks, and write down small goals you want to accomplish with each day. Be positive and calm: This is the ideal state in which to maximize your training sessions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 1000 non-stop, Zone 2.	<b>Run:</b> 35' rolling terrain as 15' Zone 1, 10' Zone 3, 5' Zone 4, 5' Zone 2.	<b>Bike:</b> 60' flatter to rolling terrain as 15' Zone 1, 2x(5' Zone 3, 2.5' Zone 2, 5' Zone 4, 2.5' Zone 2), 15' Zone 1 at 90–95 RPM.	REST	<b>Swim:</b> 10x100 (20"). Swim #3, #6 and #9 faster in Zone 4, the rest in Zone 1.	<b>Bike:</b> 40' flat terrain as 15' Zone 1, 15' Zone 3, 10' Zone 4 at 90–100 RPM. <b>Quick transition (less than 2'). Run:</b> 20' off the bike, flat terrain as 10' Zone 4, 5' Zone 2, 5' Zone 1.

### Week 7

You have accomplished a lot! At the end of this week of the training plan, look back on all your sessions. This will give you a sense of confidence that you are ready to tackle the sprint distance, and it serves as a great reminder when nerves creep up. Racing will be simply doing what you have been doing in training: swimming, biking, and running!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 500, Zone 1 build to Zone 2. 10x50 (20") as 25 fast/Zone 4, 25 easy/Zone 1.	<b>Run:</b> 35' rolling terrain as 15' Zone 1, 10' Zone 3, 5' Zone 5, 5' Zone 2.	<b>Bike:</b> 60' rolling to hilly terrain as 15' Zone 1, 5' Zone 3, 2.5' Zone 2, 5' Zone 4, 2.5' Zone 2, 5x(1' Zone 5, 2' Zone 1), 15' Zone 1 at 90–95 RPM.	REST	<b>Swim:</b> 5x200 (30") as #1 in Zone 1, #2–3 in Zone 2, #4 in Zone 3, #5 in Zone 4.	<b>Bike:</b> 30' flat terrain as 15' Zone 1, 10' Zone 3, 5' Zone 4 at 90–100 RPM. <b>Quick transition (less than 2').</b> <b>Run:</b> 15' off the bike, flat terrain as 5' Zone 4, 5' Zone 2, 5' Zone 1.

### Week 8

If you are feeling excited and nervous, that is a good thing. It means that you care – your race is important to you. This extra energy will give you a boost on race day. In the eighth and final week of this training plan, follow the sessions closely and resist the urge to “test” yourself—save it up for race day! Take time to pre-organize your equipment so race day is simpler. If you can review the course, that will help ensure success. Visualize your best training efforts on the race course.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	<b>Swim:</b> 200 Zone 1. 8x50 (20") as 25 fast/Zone 4, 25 easy/Zone 1. 100 Zone 1.	<b>Run:</b> 20' flat terrain as 12' Zone 1, 3' Zone 3, 5' Zone 1.	<b>Bike:</b> 30' rolling to hilly terrain as 15' Zone 1, 2x(2.5' Zone 3, 2.5' Zone 2), 5' Zone 1 at 90–95 RPM.	REST	<b>Bike:</b> 15' Zone 1 at 90–95 RPM.	<b>RACE DAY!</b>