



BASIC TRAINING PROGRAM

WEEK 1



TRI-LAB

Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday Am Swim Session 200m Easy Swim Warm-Up - Followed By 10 X 100m Swim (Rest 20 Secs After Each One) By Doing It As 25m Hard/75m Easy) 200m Kick Easy/200m Pullbuoys Easy Total Distance 1.6km	Pm Rest
Tuesday Am Bike Session Indoor Or Outdoors - Depends On Weather And Time Allowance 50 Minute Cycle (20 Mins Easy Warm-Up Followed By 3 X 5 Minute Moderate Efforts With 5 Minutes Easy Spin Recovery Between Each One/5 Mins Cool Down Cycle Total 50mins	Pm Run Session 30 Minute Easy Recovery Run - Pace Relaxed And Slow..... Total 30mins
Wednesday Am Swim Session 200m Easy Swim/200m Easy Pullbuoys As Warm-Up 4 X 100m Moderate To Hard Efforts - Rest 30 Secs After Each One 200m Kick Fins As Recovery 4 X 50m Swim Fartlek (25m Moderate To Hard/25m Easy Recovery) Rest 20 Secs 200m Easy Swim Cool Down Total 1.6km	Pm Rest
Thursday Am Bike Session 45-60mins Bike Ride - Pace Is Easy (Ride At 50-60% Effort)	Pm Run Session Speed Interval Session Warm-Up 2km Easy Run Then Stretch Followed By 8 X 1 Minute Moderate To Hard Run With 1 Minute Jog In Between Each For Recovery 5 Mins Slow Recovery Run After With Stretch Total 35-40mins
Friday Am Complete Rest Day	Pm
Saturday Am Brick Session 20km Cycle On The Roads - Pace Easy Followed By Easy 3km Run Slow Pace Total 20km/3km	Pm
Sunday Am Complete Rest Day	Pm



BASIC TRAINING PROGRAM

WEEK 2



TRI-LAB

Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at

glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday Am Swim Session 100m Easy Swim Warm-Up 200m Moderate To Hard Swim - Rest 30 Secs 200m Pullbuoys Breathe Every 5th Stroke But Slow And Easy 200m Moderate To Hard Swim - Rest 30 Secs 100m Easy Swim Recovery (Do The Above Set 2 Times) Total 1.6km	Pm Rest
Tuesday Am Bike Session 60 Minute Ride (Indoors/Outdoors) As Follows Warm-Up 10 Mins Slow Easy Then Do 3 X 15 Minute Intervals At Moderate Pace With A 5 Minute Slow Easy Spin In Between.... Total Cycle 60 Mins	Pm Run Session 50 Minute Easy Slow Recovery Run - You Can Run Off Road Or On Grass Fields/Parks (Mix It Up A Little And Change The Scenery If At All Possible) Total 50 Minutes
Wednesday Am Swim Session 200m Swim Easy/100m Kick Easy/200m Pullbuoys Easy 4 X 200m Race Pace Swim Intervals - Rest A Full 60 Secs Between Each One 100m Slow Easy Cool Down After Total Swim 1.4km	Pm Rest
Thursday Am Bike Session Easy 60-75 Minute Spin On The Bikes Indoors - Keep Intensity Low And Easy Gears Total 60-75mins	Pm Run Session 1km Easy Jog/Run Warm-Up Followed By 10 X 100m Semi Sprints To Fire Up The Legs (Rest 10 Secs After Each Sprint But Not Too Hard - Semi Sprints Followed By 6 X 800m Repeats - Desired Race Pace Which You Are Able To Maintain) Rest A Full 60 Secs After Each One 200m Jog Cool Down With Stretch Total 7km
Friday Am Complete Rest Day	Pm
Saturday Am Brick Session 30km Cycle - Easy Pace - Followed By 4km Run - Moderate Pace Total Brick 30km/4km	Pm
Sunday Am Complete Rest Day	Pm



BASIC TRAINING PROGRAM

WEEK 3



TRI-LAB

**Want to take your fitness
to the next level?**

Explore our more advanced training program!

Contact Glen from Tri-Lab at
glen@triathlonplussa.co.za for a personalized
and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

10 X 100m Pullbuoys Easy As Warm-Up
8 X 25m Super Hard Sprints - Rest 30 Secs After Each One
100m Kick/100m Pullbuoys

Total 1.3km

Tuesday
Am Pm
Bike Session Run Session

20 Minutes Warm-Up Followed By
4 X 8 Minute Intervals At 75% Effort - Which Is A Moderate To Harder Intensity
Spin Your Legs And Recover After Each One For 3 Minutes

Total Ride Set 60 Mins

45 Minute Easy Slow Recovery Run - Pace Relaxed

Total 45 Minutes

Wednesday
Am Pm
Swim Session Rest

Open Water Swim If Possible In A Wetsuit - Easy Swimming Of Between 1km And
1.2km - Get Used To Open Water Swimming

Total 1km-1.2km

Thursday
Am Pm
Bike Session Run Session

60- 75 Minute Easy Cycle - Intensity Is Low

Total 60-75mins

2km Warm-Up Slow With Stretch
3 X 1km Intervals - Moderate Effort Only - Rest By Jogging 2 Minutes Super Slow In
Between..
1km Cool Down Slow

Total 6km

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

35km Cycle (10km Easy/10km Moderate To Harder/15km Easy) Followed By 5km Run

Total Brick 35km/5km

Sunday
Am Pm
Complete Rest Day



BASIC TRAINING PROGRAM

WEEK 4



TRI-LAB

Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

10 X 100m Pullbuoys Easy As Warm-Up
8 X 25m Super Hard Sprints - Rest 30 Secs After Each One
100m Kick/100m Pullbuoys

Total 1.3km

Tuesday
Am Pm
Bike Session Run Session

20 Minutes Warm-Up Followed By
4 X 8 Minute Intervals At 75% Effort - Which Is A Moderate To Harder Intensity
Spin Your Legs And Recover After Each One For 3 Minutes

Total Ride Set 60 Mins

45 Minute Easy Slow Recovery Run - Pace Relaxed

Total 45 Minutes

Wednesday
Am Pm
Swim Session Rest

Open Water Swim If Possible In A Wetsuit - Easy Swimming Of Between 1km And 1.2km - Get Used To Open Water Swimming

Total 1km-1.2km

Thursday
Am Pm
Bike Session Run Session

60- 75 Minute Easy Cycle - Intensity Is Low

Total 60-75mins

2km Warm-Up Slow With Stretch
3 X 1km Intervals - Moderate Effort Only - Rest By Jogging 2 Minutes Super Slow In Between..
1km Cool Down Slow

Total 6km

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

35km Cycle (10km Easy/10km Moderate To Harder/15km Easy) Followed By 5km Run

Total Brick 35km/5km

Sunday
Am Pm
Complete Rest Day



BASIC TRAINING PROGRAM

WEEK 5



TRI-LAB

Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

Easy Slow Recovery Swim - Total 1km - 1.5km
Work On Your Technique And Swim Stroke/Pull.....

Tuesday
Am Pm
Bike Session Run Session

60 Minute Easy Cycle - Pace Relaxed - Spin Light/Easy Gears 45 Minute Off Road Trail Run Or Run On The Grassfields - Recovery Pace

Total 60 Minutes **Total 45 Minutes**

Wednesday
Am Pm
Swim Session Rest

Slow Swim
400m Pullbuoys Easy
200m Kick Fins Easy
400m Paddles Easy Swim
8 X 25m Sprints At Moderate Pace
200m Swim Slow To Finish

Total 1.4km

Thursday
Am Pm
Bike Session Run Session

60 Minute Bike Ride - (20 Mins Easy/Followed By 6 X 30 Second Hard Sprints With 60 Secs Easy Recovery After Each One/Followed By Cool Down Ride Easy To Complete The 60 Mins Session) 1km Easy Run Warm-Up Slow
5km Time Trial At Moderate Effort Only - Take Your Time For This?
1km Easy Cool Down With Stretch

Total 60mins **Total 7km**

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

40km Cycle (20km Easy/20km Moderate) Followed By 5km Tempo Run

Total Brick 40km/5km

Sunday
Am Pm
Complete Rest Day



BASIC TRAINING PROGRAM

WEEK 6



TRI-LAB

Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

200m Easy Swim/200m Easy Kick As Warm-Up
12 X 100m (25m Sprint Hard - 75m Easy Recovery) Rest 20 Secs After Each One
100m Cool Down

Total 1.5km

Tuesday
Am Pm
Bike Session Run Session

12 Mins Easy Ride Warm-Up Followed By
6 X 3 Minutes Harder Ride Effort With 5 Minutes Easy Slow In Between

Total 60 Minutes

55 Minute Easy Slow Recovery Run - Pace Chilled And Slow

Total 55 Minutes

Wednesday
Am Pm
Swim Session Rest

200m Pullbuoys Easy/100m Kick Easy/200m Paddles Easy
1 X 800m Time Trial - Swim As Fast As You Can But Start Moderate And Build Into The Swim
200m Slow Cool Down Swim

Total 1.5km

Thursday
Am Pm
Bike Session Run Session

60 Minute Easy Recovery Bike Ride - Keep Gears Easy

Total 60 Minutes

1km Warm-Up With Stretch Followed By
5 X 1km Intervals - Rest 60 Secs Between Each - These Are At Race Pace
Stretch Well After

Total 6km

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

30km Cycle Easy Pace - 6km Run - Easy Pace

Total 30km 6km

Sunday
Am Pm
Complete Rest Day



BASIC TRAINING PROGRAM

WEEK 7



TRI-LAB

**Want to take your fitness
to the next level?**

Explore our more advanced training program!
Contact Glen from Tri-Lab at
glen@triathlonplussa.co.za for a personalized
and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

200m Warm-Up Pullbuoys Slow Swim Then Do
2 X 600m Straight Swims With A Long 2-3 Minute Rest In Between.....

Total 1.4km

Tuesday
Am Pm
Bike Session Rest

40 Minutes Easy Cycle - Followed By 20 Minutes Easy Run

Total 40 Minutes/20 Minutes

Wednesday
Am Pm
Swim Session Rest

45 Minute Swim - Open Water Is Best (Slow Swim In Wetsuits)

Total 45 Minutes

Thursday
Am Pm
Bike Session Run Session

60 Minute Ride (20 Mins Easy Followed By 3 X 10 Minute Moderate Effort With 5mins
Easy Spinning In Between)

1km Warm-Up Followed By
4 X 1600m (Can Be Done On A Track/Road Or Treadmill) At Moderate Pace With A
2 Minute Rest In Between
Good Stretch After With 600m Easy Cool Down Run

Total 60mins

Total 8km

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

40km Cycle Easy Pace/8km Run Moderate Pace

Total Brick 40km/8km

Sunday
Am Pm
Complete Rest Day



BASIC TRAINING PROGRAM

WEEK 8



Want to take your fitness to the next level?

Explore our more advanced training program!

Contact Glen from Tri-Lab at glen@triathlonplussa.co.za for a personalized and exciting fitness journey.

Monday
Am Pm
Swim Session Rest

Recovery Swim Open Water Or In A 50m Swim Pool In Wetsuits

45 Minutes - Can Be Broken Into 5 Minute Spells With Some Rest Between

Total 45 Minutes

Tuesday
Am Pm
Bike Session Run Session

60 Minute Bike Ride With (5 X 5 Minute Moderate To Harder Race Pace Intervals Included With 5 Mins Spin Between Each One)

Total 60 Mins

45 Minute Recovery Run - Pace Slow

Total 45 Minutes

Wednesday
Am Pm
Swim Session Rest

5 X 100m Pullbuoys Easy Rest 10 Secs After Each
4 X 100m Race Pace Swim - Rest 20 Secs After Each
3 X 100m Paddles Recovery Swim - Rest 10 Secs After Each
2 X 100m Hard Race Pace - Rest 30 Secs After Each
100m Cool Down Slow Swim

Total 1.5km

Thursday
Am Pm
Bike Session Run Session

60 Minute Easy Spin Recovery - Low Intensity Ride

Total 60 Minutes

Warm-Up 1km With 4 X 100m Semi Sprints Rest 10 Secs In Between
6 X 800m Repeats Moderate Effort - Rest 45 Secs After Each One
300m Jog Cool Down

Total 6.5km

Friday
Am Pm
Complete Rest Day

Saturday
Am Pm
Brick Session

40km Cycle - Easy Pace - 5km Run Moderate Pace

Total Brick 40km/5km

Sunday
Am Pm
Complete Rest Day