

This is a basic 10 week suggested training plan to prepare for a sprint distance triathlon with approximate discipline distances of 500 yard swim, 10 mile bike, and a 3.1 mile or 5K run to finish. This schedule also assumes you are starting out with basic skills in each discipline.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
WK 1	R: 1.5m	S: 250y	Brick: B:5m/R:1.5m	S: 250y	Lift: upper	OFF: walk	R: 2m
WK 2	R: 1.5m	S: 250y	Lift: lower	S: 300y	Brick: B:5m/R:1.5m	OFF: walk	OFF: walk
WK 3	S: 300y	Brick: B:8m/R:2m	OFF-walk	Lift-upper	R:2m	S:400Y	B:15m
WK 4	R:2.5m	OFF-walk	S:500y	Lift-lower	B:15m	R:3.5m	S:750y
WK 5	OFF-walk	S:500y/B:10m/ R:1.5m	OFF-walk	R:2.5m	S:750y	B:15m	OFF-walk
WK 6	Off-walk	Lift-upper	B:20m	R:4m	S:750y	OFF-walk	S:500y
WK 7	S:500y/B:10m/ R:3.1m	OFF-walk	R:3.5m	S:1,000y	B:20m	OFF-walk	Lift-lower
WK 8	S:750y/B:15/ R:4m	OFF-walk	R:4.5m	B:15m	S:1,000y	OFF-walk	Lift-upper
WK 9	S:300/B:8m/ R:2m	OFF-walk	S:750y	OFF-walk	S:500y/B:10m/ R:3.5m	OFF-walk	R:2m
WK 10	OFF-walk	S:750y/B:15m/ R:4m	OFF-walk	OFF-walk	S:500y/B:5m/ R:1.5m	OFF-walk	OFF-walk

S - swim B - bike R - run y - yards m - miles

Brick - bike immediately followed by a run. The week 1 Tuesday Brick of B:5 m/ R:1.5 m means bike 5 miles, then run 1.5 miles.

Lift - either upper body or lower body, basic strength work

OFF - Just that. Take time off and only walk for recovery/ recapture. Walking is highly underrated as a training option. It is just good for you with minimal impact and is a great time to think about what you are doing. Preferably this is walking alone and not walking the dog or something like that. Use flat or gently rolling terrain if possible, and low intensity. Remember this is recovery time.

Pace yourself in order to go the distance. You should have completed the discipline distances or beyond in training before race day. You will get faster as you get more accustomed to the process of three disciplines back to back along with transitioning. Every second counts, but you don't have to kill yourself every second. It takes seasoning to know when and how hard to hit it. Set yourself up properly to complete the event based on your capabilities and as you develop the experience your overall comfort and speed will improve.

In general -- This is only a suggested schedule and while it works well as it is set up, it can also be used as an example of how you can plan your training and mix things up on a daily basis. Not everyone has the time to fit in training every day so come up with a plan that fits into your life and schedule. The key is develop a plan and stick with it. Then stay on track based on what you've been doing and what's coming up.

Consider these 7 basic "legs" to the foundation of the fitness "table" you are building;

Cardio

Core

Strength

Stretching

Hydration

Nutrition

Rest

The more legs you leave out or ignore, the weaker the table. You might want to build a chart or use an online fitness logging service to help keep track of what you do and when you do it. It can also be as simple as handwritten notes on a legal pad. Do what works best for you. But do it. Remember that your intensity and duration of exercise and training cannot be at a high level day in and day out. You need to give your body time to rebuild after tearing things apart on the high intensity days.

If you have questions, need more information, or want to bounce things off me, please do not hesitate. The best way to reach me is by email;

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