Vmps Sprint Triathlon Plan Westborough Sprint



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Welcome

Thank you for choosing the Vmps Sprint Triathlon Training Plan for the Westborough Sprint Triathlon. This training plan has been designed to help a healthy person prepare for the Westborough Sprint with its ¼ mile open water swim in Lake Chauncy, 14-mile bicycle ride through Westborough and surrounding towns, and 3 mile run on scenic, off road trails.

Assessing Readiness to Start this Vmps Sprint Triathlon Training Plan

It is strongly recommended that you consult your physician prior to beginning this training plan. This training plan requires a baseline level of fitness in each of the three disciplines of triathlon: swim for a minimum of 20 minutes (including rest breaks at the wall), bike for a minimum of 45 minutes, and run/walk for a minimum of 30 minutes.

Vmps Training Approach

The Vmps training approach is based on current research. Throughout the twelve weeks, the training plan gradually builds training volume in each discipline to promote improved fitness while lessening the likelihood of injury or overtraining. The weekly workout schedule is polarized with midweek interval workouts done at a higher level of intensity, and weekend endurance workouts completed at a lower level of intensity. Perceived exertion is used to monitor training intensity of each workout. A recovery week of reduced training volume and intensity is incorporated into the plan every fourth week to allow for physical adaptations to the training to take place. This research driven training approach, refined through Vmps' coaching experience, delivers results.

Additional information is available to help you implement and make adjustments to this training plan. Refer to the sections--Frequently Asked Questions, Key Terms, Swim Drills, and Rating of Perceived Exertion-- for more details. Contact Vmps about our training plan review services, if you would like a certified triathlon coach to tailor this training plan to your specific needs. Contact information is info@mpstraining.com or 508-612-3000.

About Vmps

Vmps helps athletes of all levels and abilities to achieve their endurance sports goals. We provide coaching services, training classes and camps, and skills clinics for triathletes, cyclists, runners, and swimmers. Our triathlon team and running club offer people the opportunity to train and socialize with individuals who enjoy fitting endurance sports into their busy lives. Visit mpstraining.com for more information.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
1	Rest	Bike: Strength	Swim:	Run: Baseline	Swim:	Bike: Baseline	Run:	Swim
		Endurance	Baseline Data	Data	Endurance	Data	Endurance	50:00
		Total 45:00	Total 25:00	Total 30:00	Total 25:00	Total 35:00	Total 25:00	
								Bike
		W/up:	W/up:	W/up:	W/up:	W/up:	W/up:	80:00
		10:00 @ RPE 2-4	5:00 swim/2:00	5:00 run @	5:00 swim @	5:00 ride @	5:00 run @	
			kick with	RPE 2	RPE 2	RPE 2-3/5:00	RPE 2	Run
		Main Set:	board/3:00 swim			RPE 3-4		55:00
		3 x 5:00 in a big	with pull buoy @	Main Set:	Drill Set:		Main Set:	
		gear w/ cadence	RPE 2-3	20:00 run @	5:00 side	Main Set:	15:00 run at	
		70-75 RPM, @		RPE 5-6 on a	kicking drill	On a flat route	RPE 3-4	
		RPE 5-6	Main Set:	flat course or	@ RPE 3	with minimal		
			10:00 @ RPE 3-4.	treadmill @ 1%		cross streets.	C/d:	
		RI 5:00 easy gear	Record the number	incline. Record	Main Set:	20:00 ride @	5:00 run @	
		w/cadence above	of pool lengths	the distance	1 x [5:00 swim	RPE 5-6.	RPE 2	
		85 RPM, @ RPE	covered in this	covered in this	@ RPE 3-4	Record the		
		2	10:00 interval as	20:00 interval	(RI :30)/ 4:00	distance		
			your baseline	as your baseline	pull @ RPE 3-	covered in this		
		C/d:	swim fitness.	run fitness.	4 (RI :30)]	20:00 interval		
		5:00 @ RPE 2				as your		
			C/d:	C/d:	C/d:	baseline bike		
			5:00 easy swim	5:00 run @	5:00 easy	fitness.		
			any stroke or kick	RPE 2	swim any			
					stroke or kick	C/d:		
						5:00 ride @		
						RPE 2		

Twelve Week Sprint Triathlon Training Plan for Westborough Sprint Triathlon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
2	Rest	Bike: Strength	Swim: Technique	Run: Strength	Swim:	Bike:	Run:	Swim
		Endurance	and Endurance	Endurance	Endurance	Endurance	Endurance	50:00
		Total 50:00	Total 25:00	Total 30:00	Total 25:00	Total 45:00	Total 32:00	
								Bike
		W/up:	W/up:	W/up: 5:00 run	W/up:	W/up:	W/up: 5:00	95:00
		10:00 @ RPE 2-4	4:00 swim @ RPE	@ RPE 2	5:00 swim @	5:00 ride @	run @ RPE 2	
			2		RPE 2	RPE 2		Run
		Main Set:		Main Set:			Main Set:	62:00
		3 x 6:00 in a big	Drill Set:	4 x 3:00 run	Drill Set:	Main Set:	22:00 run at	
		gear w/ cadence	4:00 side kicking	uphill ~3-4%	5:00 single	35:00 ride at	RPE 3-4 over	
		70-75 RPM, @	drill @ RPE 3.	grade @ RPE 5-	arm swim @	RPE 3-4 over	varied terrain	
		RPE 5-6	(RI: 1:00). 2:00	6; (RI: 2:00 jog	RPE 3. Switch	varied terrain		
		DZ Z 00	swim @ RPE 3-4	downhill @	pulling arm		C/d:	
		RI 5:00 easy gear	focusing on feeling	RPE 2)	after each	C/d:	5:00 run @	
		w/ cadence 85+	the balance from		length of the	5:00 ride @	RPE 2	
		RPM, @ RPE 2	the side kicking	C/d: 5:00 run @	pool.	RPE 2		
		0/1	drill. (RI: 1:00).	RPE 2				
		C/d: 7:00 @ RPE 2	Main Set:		Main Set:			
		7:00 @ KPE 2	4 x 1:00 swim @		2 x [1:00			
			RPE 3-4 (RI :15).		single arm swim/4:00			
			4 x 1:00 swim with		swim/4.00 swim @ RPE			
			pull buoy @ RPE		3-4 (RI :30)].			
			3-4 (RI :15).		Alternate arm			
			3-4 (KI .13).		used to pull			
			C/d:		during single			
			3:00 easy swim		arm drill after			
			any stroke or kick		each minute.			
			any stroke of klek		caon minute.			
					C/d:			
					4:00 easy			
					swim any			
					stroke or kick			

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
3	Rest	Bike: Strength	Swim: Technique	Run: Strength	Swim:	Bike:	Run:	Swim
		Endurance	and Endurance	Endurance	Endurance	Endurance	Endurance	50:00
		Total 55:00	Total 25:00	Total 35:00	Total 25:00	Total 50:00	Total 35:00	
								Bike
		W/up:	W/up:	W/up:	W/up:	W/up: 5:00	W/up: 5:00	105:00
		10:00 @ RPE 2-4	5:00 swim @ RPE	6:00 run @	5:00 swim @	ride @ RPE 2	run @ RPE 2	
			2	RPE 2	RPE 2			Run
		Main Set:				Main Set:	Main Set:	70:00
		4 x 5:00 in a big	Drill Set:	Main Set:	Drill Set:	40:00 ride at	25:00 run at	
		gear w/ cadence	5:00 single arm	4 x 4:00 run	5:00 Alternate	RPE 3-4 over	RPE 3-4 over	
		70-75 RPM, @	swim. Switch	uphill ~3-4%	horizontal	varied terrain	varied terrain	
		RPE 5-6	pulling arm each	grade @ RPE 5-	scull drill for			
			length. @ RPE 3.	6; (RI: 2:00 jog	1/2 length of	C/d: 5	C/d:	
		RI 5:00 easy gear	(RI:1:00) 4:00	downhill @RPE	pool with	:00 ride @	5:00 run @	
		w/ cadence above	swim @ RPE 3-4	2)	swim 1/2 length	RPE 2	RPE 2	
		85 RPM @ RPE	focusing on high		of pool @			
		2	elbow catch.	C/d:	RPE 3			
				5:00 run @				
		C/d:	Main Set:	RPE 2	Main Set:			
		5:00 @ RPE 2	5:00 swim @ RPE		3 x 3:00 swim			
			4		@ RPE 4 (RI			
					:30)			
			C/d:					
			5:00 easy swim		C/d:			
			any stroke or kick		5:00 easy			
					swim any			
					stroke or kick			

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
4	Rest	Bike: Strength	Rest	Run: Strength	Swim:	Bike:	Run:	Swim
		Endurance Total 35:00		Endurance Total 20:00	Endurance Total 20:00	Endurance Total 30:00	Endurance Total 20:00	20:00
								Bike
		W/up: 10:00 @ RPE 2-4		W/up: 5:00 run @	W/up: 5:00 swim @	W/up: 5:00 ride @	W/up: 5:00 run @	65:00
		Main Set:		RPE 2	RPE 2	RPE 2	RPE 2	Run 40:00
		2 x 5:00 in a big		Main Set:	Drill Set:	Main Set:	Main Set:	
		gear w/ cadence		2 x 3:00 run	5:00 drills of	20:00 ride at	10:00 run at	
		70-75 RPM. @		uphill ~4%	choice @ RPE	RPE 3-4 over	RPE 3-4 over	
		RPE 5-6		grade @ RPE 5- 6; (RI: 2:00 jog	3	varied terrain	varied terrain	
		RI 5:00 easy gear		downhill @	Main Set:	C/d:	C/d:	
		w/ cadence above 85 RPM, @ RPE		RPE 2)	5:00 swim @ RPE 3-4	5:00 ride @ RPE 2	5:00 run @ RPE 2	
		2 83 KFWI, @ KFE		C/d:		KFE 2	NFE 2	
				5:00 run @	C/d:			
		C/d: 5:00 @ RPE		RPE 2	5:00 easy			
		2			swim any stroke or kick			
					SURVE OF KICK			

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
5	Rest	Bike: Strength	Swim: Technique	Run: Strength	Swim:	Bike: Short	Run:	Swim
		Endurance	and Endurance	Endurance	Endurance	Hills	Endurance	55:00
		Total 55:00	Total 25:00	Total 40:00	Total 30:00	Total 55:00	Total 38:00	
								Bike
		W/up:	W/up:	W/up:	W/up:	W/up:	W/up: 5	110:00
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	5:00 swim @	5:00 ride @	:00 run @	
			2-3	RPE 2	RPE 2-3	RPE 2	RPE 2	Run
		Main Set:						78:00
		3 x 7:00 in a big	Drill Set:	Main Set:	Drill Set:	Main Set:	Main Set:	
		gear w/ cadence	5:00 Alternate	3 x 6:00 run	5:00 side	45:00 ride at	28:00 run at	
		75 RPM, @ RPE	horizontal scull	uphill ~3-4%	kicking drill	RPE 3-5 on a	RPE 3-4 on	
		6	drill for ¹ / ₂ length	grade @ RPE 5-	@ RPE 3	route with hills	trails	
		PT 4 00	of pool with swim	6; (RI: 4:00 jog		that take 3:00		
		RI 4:00 easy gear	$\frac{1}{2}$ length of pool	downhill @RPE	Main Set:	to 5:00 to	C/d:	
		w/cadence 85+	@ RPE 3	2)	3 x [1:00	climb. Push	5:00 run @	
		RPM, @ RPE 2	M · C ·	0/1	single arm	the intensity to	RPE 2	
		C/1	Main Set:	C/d:	swim @ RPE	RPE 5 when		
		C/d: 12:00 @ RPE 2-3	2 x 4:00 swim	5:00 run @ RPE 2	3-4/4:00 swim @ RPE 4-5	riding up the		
		12:00 @ KPE 2-3	begin each length with a few	KPE 2	(RI :20)]	hills; decrease intensity to		
			horizontal sculls,		(KI .20)]	RPE 3 when		
			and then switch		C/d:	riding down		
			from sculling to		4:00 easy	the hills.		
			swimming going		swim any	the mis.		
			from RPE 3-5 by		stroke or kick	C/d:		
			the end of the 4:00		Stroke of Klek	5:00 ride @		
			(RI 1:00)			RPE 2		
			(111100)					
			C/d:					
			5:00 easy swim					
			any stroke or kick					

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
6	Rest	Bike: Strength	Swim: Technique	Run: Strength	Swim:	Bike:	Run:	Swim
		Endurance Total 60:00	and Endurance Total 25:00	Endurance Total 40:00	Endurance Total 15:00	Medium Hills Total 60:00	Endurance Total 40:00	40:00
								Bike
		W/up:	W/up:	W/up:	Open Water	W/up:	W/up:	120:00
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	Swim	5:00 ride @	5:00 run @	
			2-3	RPE 2		RPE 2	RPE 2	Run
		Main Set:			15:00 @ RPE			80:00
		3 x 8:00 in a big	Drill Set:	Main Set:	2-3. Practice	Main Set:	Main Set:	
		gear w/ cadence	5:00 side kicking	3 x 7:00 run	navigating in	50:00 ride at	30:00 run at	
		75 RPM, @ RPE	drill @ RPE 3	uphill ~3-4%	the open	RPE 3-5 on a	RPE 3-4 on	
		6		grade @ RPE 5-	water. Take	route with hills	trails	
			Main Set:	6; (RI: 3:00 jog	breaks, as	that take 3:00		
		RI 4:00 easy gear	5:00 swim @ RPE	downhill @RPE	needed.	to 5:00 to	C/d:	
		w/ cadence above	4-5, right into 5:00	2)		climb. Push	5:00 run @	
		85 RPM, @ RPE	swim with pull	~ (.		the intensity to	RPE 2	
		2	buoy RPE 4-5	C/d:		RPE 5 when		
				5:00 run @		riding up the		
		C/d:	C/d:	RPE 2		hills; decrease		
		14:00 @ RPE 2-3	5:00 easy swim			intensity to		
			any stroke or kick			RPE 3 when		
						riding down		
						the hills.		
						C/d.		
						C/d: 5:00 ride @		
						RPE 2		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
7	Rest	Bike: Strength	Swim: Technique	Run: Strength	Swim:	BRICK	Run:	Swim
		Endurance	and Endurance	Endurance	Endurance	Bike/Run:	Endurance	55:00
		Total 60:00	Total 30:00	Total 40:00	Total 25:00	Short Hills	with Race	
						with Race	Pace	Bike
		W/up:	W/up:	W/up:	W/up:	Pace	Total 40:00	110:00
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	4:00 swim @	Total 65:00		
			2-3	RPE 2	RPE 2-3		W/up:	Run
		Main Set:				W/up:	5:00 run @	95:00
		3 x 9:00 in a big	Drill Set:	Main Set:	Drill Set:	5:00 ride @	RPE 2	
		gear w/ cadence	10:00 Alternate	2 x 10:00 run	4:00 side	RPE 2		
		75 RPM, @ RPE	swimming with	uphill ~3-4%	kicking drill		Main Set:	
		6	right arm for a	grade @ RPE 5-	@ RPE 3	Main Set:	2 x [7:00 run	
			length of pool, left	6; (RI: 5:00 jog		45:00 ride at	@ RPE 3-	
		RI 4:00 easy gear	arm for a length of	downhill @RPE	Main Set:	RPE 3-6 on a	4/7:00 run @	
		w/ cadence 85+	pool, both arms for	2)	6 x 2:00 swim	route with hills	RPE 5-6/1:00	
		RPM, @ RPE 2	two lengths of pool		@ RPE 4-5	that take 3:00	jog @ RPE 2	
			@ RPE 3-4	C/d:	(RI :10), use	to 5:00 to	on trails]	
		C/d:		5:00 run @	pull buoy on	climb. Push		
		11:00 @ RPE 2-3	Main Set:	RPE 2	the even ones	the intensity to	C/d:	
			10:00 swim at RPE			RPE 6 when	5:00 run @	
			4-5. May use a pull		C/d:	riding up the	RPE 2	
			buoy during parts		4:00 easy	hills; decrease		
			of the interval.		swim any	intensity to		
			~ / /		stroke or kick	RPE 3 when		
			C/d:			riding down		
			5:00 easy swim			the hills. Then		
			any stroke or kick			immediately		
						put on running		
						shoes and do		
						10:00 run @		
						RPE 4.		
						C/d:		
						5:00 run @		
						RPE 2		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
8	Rest	Bike: Baseline	Swim: Testing	Run Baseline	Swim:	Rest	Run:	Swim
		Data	Total 25:00	Data	Endurance		Endurance	40:00
		Total 35:00		Total 30:00	Total 15:00		Total 25:00	
			W/up:				W/up:	Bike
		W/up:	5:00 swim/2:00	W/up:	Open Water		5:00 run @	35:00
		5:00 ride @ RPE	kick with	5:00 run @	Swim		RPE 2	
		2-3/5:00 RPE 3-4	board/3:00 swim	RPE 2				Run
			with pull buoy @		15:00 @ RPE		Main Set:	55:00
		Main Set:	RPE 2-3	Main Set: 20:00	2-3. Practice		15:00 run at	
		On a flat route		run at RPE 5-6	navigating in		RPE 3-4 over	
		with minimal	Main Set:	on a flat course	the open water		varied terrain	
		cross streets.	10:00 @ RPE 3-4	or treadmill @	•			
		20:00 ride @	Record the number	1% incline.			C/d:	
		RPE 5-6. Record	of pool lengths	Record the			5:00 run @	
		the distance	covered in this	distance			RPE 2	
		covered in this	10:00 interval.	covered in this				
		20:00 interval.	Compare it to	20:00 interval.				
		Compare it to	week one baseline	Compare it to				
		week one	data.	week one				
		baseline data.		baseline data.				
			C/d:					
		C/d:	5:00 easy swim	C/d:				
		5:00 ride @ RPE	any stroke or kick	5:00 run @				
		2		RPE 2				
		_						

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
9	Rest	Bike: Threshold	Swim: Endurance	Run: Speed	Swim:	BRICK	Run:	Swim
		Total 55:00	Total 30:00	Total 45:00	Endurance	Bike/Run:	Endurance	60:00
					Total 30:00	Medium Hills	with Race	
		W/up:	W/up:	W/up:		with Race	Pace	Bike
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	W/up:	Pace	Total 40:00	110:00
			2-3	RPE 2	5:00 swim @	Total 70:00		
		Main Set:			RPE 2-3		W/up:	Run
		4 x 6:00 in a big	Drill Set:	Main Set:		W/up:	5:00 run @	100:00
		gear w/self-	5:00 side kicking	8 x 2:00 run @	Drill Set:	5:00 ride @	RPE 2	
		selected cadence	drill @ RPE 3	RPE 7-8; (RI:	5:00 Alternate	RPE 2		
		85+ RPM, @		2:00 jog @ RPE	horizontal		Main Set:	
		RPE 6-7	Main Set:	2)	scull drill for	Main Set:	2 x [6:00 run	
		RI 4:00 easy gear	5 x 3:00 swim @		1/2 length of	50:00 ride at	at RPE 3-	
		w/ cadence 85+	RPE 4-5 (RI :15),	C/d:	pool with	RPE 3-6 on a	4/8:00 run @	
		RPM, @ RPE 2	use pull buoy on	8:00 run @	swim 1/2 length	route with hills	RPE 5-6/1:00	
			the even ones	RPE 2	of pool @	that take 5:00	jog @ RPE 2	
		C/d:			RPE 3	to 7:00 to	on trails]	
		5:00 @ RPE 2-3	C/d:			climb. Push		
			4:00 easy swim		Main Set:	the intensity to	C/d:	
			any stroke or kick		2 x [4:00	RPE 6 when	5:00 run @	
					swim/ 3:00	riding up the	RPE 2	
					swim with pull	hills; decrease		
					buoy (RI :30)]	intensity to		
						RPE 3 when		
					C/d:	riding down		
					5:00 easy	the hills. Then		
					swim any	immediately		
					stroke or kick	put on running		
						shoes and do		
						10:00 run @		
						RPE 4.		
						C/d:		
						5:00 run @		
						RPE 2		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
10	Rest	Bike: Threshold	Swim: Endurance	Run: Speed	Swim:	BRICK	Run:	Swim
		Total 60:00	Total 35:00	Total 50:00	Endurance	Bike/Run:	Endurance	55:00
					Total 20:00	Medium Hills	with Race	
		W/up:	W/up:	W/up:		w/ Race Pace	Pace	Bike
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	Open Water	Total 80:00	Total 40:00	120:00
			2-3	RPE 2	Swim			
		Main Set:				W/up:	W/up:	Run
		4 x 7:00 in a big	Drill Set:	Main Set:	20:00 @ RPE	5:00 ride @	5:00 run @	110:00
		gear w/self-	5:00 side kicking	10 x 2:00 run @	3-4. Practice	RPE 2	RPE 2	
		selected cadence	drill @ RPE 3	RPE 7-8; (RI:	navigating in			
		85+ RPM, @		2:00 jog @RPE	the open water	Main Set:	Main Set:	
		RPE 6-7	Main Set:	2)		55:00 ride at	2 x [5:00 run	
		PT 4 00	2 x 5:00 swim @			RPE 3-5 on a	@ RPE 3-4;/	
		RI 4:00 easy gear	RPE 3-4 (RI	C/d:		route with hills	9:00 run @	
		with cadence 85+	:30)/4:00 pull @	5:00 run @		that take 5:00	RPE 5-6/1:00	
		RPM, @ RPE 2	RPE 3-4 (RI :30)	RPE 2		to 7:00 to	jog @RPE 2	
		C/1	C/d:			climb. Push	on trails]	
		C/d: 6:00 @ RPE 2-3				the intensity to RPE 6 when	C/d:	
		0.00 @ KFE 2-3	5:00 easy swim any stroke or kick			riding up the	5:00 run @	
			any shoke of kick			hills; decrease	RPE 2	
						intensity to	KI L Z	
						RPE 3 when		
						riding down		
						the hills. Then		
						immediately		
						put on running		
						shoes and do		
						15:00 run @		
						RPE 4.		
						C/d:		
						5:00 run @		
						RPE 2		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
11	Rest	Bike: Threshold	Swim: Endurance	Run: Speed	Swim:	BRICK	Run:	Swim
		Total 60:00	Total 40:00	Total 45:00	Endurance	Bike/Run:	Endurance	60:00
					Total 20:00	Medium Hills	with Race	
		W/up:	W/up:	W/up:		with Race	Pace	Bike
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @	Open Water	Pace	Total 40:00	125:00
			2-3	RPE 2	Swim	Total 85:00		
		Main Set:					W/up:	Run
		3 x 10:00 in a big	Main Set:	Main Set:	20:00 @ RPE	W/up:	5:00 run @	105:00
		gear w/self-	4 x 7:00 swim @	7 x 3:00 run @	3-4. Practice	5:00 ride @	RPE 2	
		selected cadence	RPE 3-4 (RI :30)	RPE 7-8; (RI:	navigating in	RPE 2		
		85+ RPM, @		2:00 jog @RPE	the open water		Main Set:	
		RPE 6-7	C/d:	2)		Main Set:	2 x [4:00 run	
			5:00 easy swim			60:00 ride at	@ RPE 3-	
		RI 5:00 easy gear	any stroke or kick	C/d:		RPE 3-6 on a	4;/10:00 run	
		w/ cadence 85+		5:00 run @		route with hills	@ RPE 5-	
		RPM @ RPE 2		RPE 2		that take 5:00	6/1:00 jog @	
						to 7:00 to	RPE 2 on	
		C/d:				climb. Push	trails]	
		5:00 @ RPE 2-3				the intensity to		
						RPE 6 when	C/d:	
						riding up the	5:00 run @	
						hills; decrease	RPE 2	
						intensity to		
						RPE 3 when		
						riding down		
						the hills. Then		
						immediately		
						put on running		
						shoes and do		
						15:00 run @		
						RPE 4		
						C/d:		
						5:00 run @		
						RPE 2		

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
12	Rest	Bike: Threshold	Swim: Endurance	Run: Speed	Rest	Bike:	Race:	Swim
		Total 40:00	Total 20:00	Total 30:00		Endurance	W/up:	25:00
						Total 35:00	10:00 run @	
		W/up:	W/up:	W/up:			RPE 2-3, and	Bike
		10:00 @ RPE 2-4	5:00 swim @ RPE	5:00 run @		W/up:	5:00 swim @	75:00
			2-3	RPE 2		5:00 ride @	RPE 3-4.	
		Main Set:				RPE 2		Run
		2 x 7:00 in a big	Main Set:	Main Set:				40:00
		gear w/self-	2 x 4:00 swim @	4 x 2:00 run @		Main Set:		
		selected cadence	RPE 4-5 (RI 1:00)	RPE 7-8; (RI:		25:00 ride at		Plus Race
		85+ RPM, @		3:00 jog @ RPE		RPE 3-4 over		
		RPE 6-7	C/d:	2)		varied terrain		
			5:00 easy swim					
		RI 5:00 easy gear	any stroke or kick	C/d:		C/d:		
		w/ cadence above		5:00 run @		5:00 ride @		
		85 RPM @ RPE		RPE 2		RPE 2		
		2						
		C/d:						
		6:00 @ RPE 2-3						

Frequently Asked Questions

Q: Why do the workouts specify duration instead of distance?

A: Basing the workout on time (instead of distance) allows for better control of the training stress provided by the workout.

Q: May I include some walking breaks during the run workouts?

A: Yes. Try to walk at a brisk pace when substituting walking for running, but be sure to shorten your stride during the walking breaks.

Q: If I miss a workout, should I try to complete it later in the week?

A: Don't squeeze in workouts that have been missed as that can lead to putting too much training stress on your body. Skip the workout or if it's the sport where you need the most work, replace a different workout from your area of strength with the missed workout.

Q: Why is testing scheduled in week one and week eight?

A: Testing in week one provides baseline fitness data in each discipline; follow up testing in week eight offers the opportunity to assess fitness gains. Minimizing variables is important for getting meaningful data. Perform the swim test in a pool, run test on a treadmill or track, and bike test on a Computrainer for the most consistent testing environment. If any of these venues are not available, choose a flat course with minimal potential for interference, and note any interruptions when interpreting the results from the testing.

Q: How should I modify the training to accommodate my being an experienced athlete in one of the disciplines?

A: You may increase the training volume of the sport for which you have experience, but be cautious about allowing enough energy for the disciplines that are newer to you.

Q: What happens if I am not able to do any of the swim workouts in the open water?

A: It would be best to try to practice in the open water prior to race day. If this cannot be done safely, then do the scheduled open water swim workouts in the pool, and practice during the workout open water swim skills such as sighting (peeking up to see where you are going).

Q: Do I need to swim freestyle?

A: Participants are allowed to use any swim stroke during the triathlon swim. The swim workouts for this triathlon training plan has been designed for individuals who are planning to swim the freestyle stroke for the majority or all of the triathlon swim segment. Modify the swim workouts to meet your specific needs.

Q: What do I do if I am partway down the lane of the pool when I complete the time specified in an interval during a swim workout?

A: Complete the time specified for the interval, and continue at an easy pace to the wall to begin the rest interval or the next part of the swim set. For example, you might complete the '5:00 swim @ RPE 3-4' at the halfway point of the pool lane. In this scenario, you continue to swim easy to the end of the pool, and will begin your rest interval when you reach the end of the lane.

Q: Do the cycling workouts need to be completed outside?

A: No. Indoor cycling provides a more effective means for developing cycling fitness. These workouts can be completed on a bike on an indoor trainer, on a spin bike, or a stationary bicycle.

Q: What happens if I have a question not covered in this FAQ?

A: Tweet your question with #askatricoach

Key Terms

Brick: A brick workout combines two of the triathlon disciplines into a single workout. This helps your body adjust to the specific demands of switching from one discipline to the next on race day.

Cadence (RPM): Number of times in a minute that a cyclist's foot makes one complete revolution.

Fartlek: In running, a fartlek component mixes brief periods of faster running into the workout.

Gear: Reference to the size of the gear being used by a cyclist. Big gear is a gearing selection that produces a lot of resistance; easy gear offers light resistance to pedaling.

Rating of Perceived Exertion (RPE)-Level of workout intensity experienced by a person. It is based on a scale of 1-10. See table included with this plan.

Recovery Interval (RI): The recovery interval is the amount of time you rest before beginning your next interval. For example, in a swim workout, '3 x 4:00 swim @ RPE 4-5 (RI:30)' means that after you swim for 4:00 at a moderate intensity, you rest for 30 seconds at the wall before pushing off to begin the next 4:00 swim. In cycling, '3 x 5:00 @ RPE 6-7 (RI 4:00 @ RPE 2') means that you ride at a strong intensity for 5:00, then ride at an easy intensity for 4:00 before beginning the next 5:00 strong intensity interval.

Recovery Week: Recovery weeks have reduced training volume and intensity to allow your body to adapt to the training stress from the preceding weeks. In this training plan, Weeks 4 and 8 are recovery weeks.

Strides (Str): In running, strides are 20 second accelerations to a very strong pace with a focus on a quick cadence and good run form.

Taper: A taper is a period of reduced training volume and intensity prior to a race to allow your body to be adequately rested on race day. In this training plan, week 11 is a taper.

Warm up (w/up) and Cool down (c/d): Each workout begins with a warm up, and ends with a cool down. The warm up gradually revs up your cardiovascular system, raises your body temperature, and promotes blood flow to your working muscles. The cool down allows for a gradual recovery of heart rate, and keeps blood from pooling in your lower body. Some studies have shown that a warm up and a cool down may help reduce post workout muscle soreness, and lessen your risk of injury.

Swim Drills

Horizontal Sculling Drill—this drill enables you to build swimming coordination, and feel for the water. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping both arms in front of your head, move your upper arms about 3 to 4 inches wider than your lateral body line, and rotate upper arms slightly so that your elbows point upward slightly. Keep upper arms stable, work from your elbows to press your forearms away from each other as you gradually straighten your elbows, then reverse direction so that your palms face each other and press inwards, slowly bending your elbows.

Side Kicking Drill—this drill combines three basic freestyle swimming skills—balance, kicking, breathing. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping your right arm extended, bring your left arm beside your body and rest it along your left side with your left hand on your thigh. Your head is resting against your right shoulder. Begin to kick, and roll onto your right side. Make sure your right palm faces the bottom of the pool, and stays about 8 inches below the surface of the water, even when you breathe. Do six kicks, then rotate onto your left side snaking your arm under your body as you switch sides. When you need a breath, exhale all the air from your lungs into the water, then turn your head to the side to inhale. For example, if you are on your right side, turn your head to the left side to inhale, and then quickly put your face back into the water.

Single Arm Swim Drill—this drill allows you to focus on the pull and recovery of the working arm. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping one arm extended, use the other arm to swim. Focus on each aspect of the swim pull with your working arm: high elbow catch, middle part of stroke, and finish. Then focus on a relaxed recovery as that working arm recovers before beginning the next stroke.

Perceived Exertion Guidelines

Modified Gunnar Borg Scale

Level	Effort
10	Maximal : Almost impossible to continue; completely out of breath; unable to talk
8-9	Extremely Strong: Very difficult to maintain exercise intensity; can barely breath and speak a single word
6-7	Very Strong : On the verge of becoming uncomfortable; short of breath; can barely speak a sentence
5	Strong: Heavy breathing; conversation punctuated by gasps
3-4	Moderate: Moderately heavy breathing; can hold short conversation
2	Light : Can exercise for hours; relatively easy to breath, can hold a conversation
1	Very Light: Basic movement and activity