



## **thetrilife.com 12 Week First Standard Distance Triathlon Training Program**

### **Is this the program for you?**

This program has been designed for an athlete with 5-7.5 hours a week to train. It is assumed that you have been doing some activity/training in the last 8 weeks and have gradually built up your hourly exercise to 5 hours. This may be your first standard distance triathlon or you may want to improve on a previous standard distance triathlon by using a structured program.

Whatever your reason – have a great time and please do not be put off by the jargon that you may find – we have tried to keep it to a minimum. The program that you will see below does include some technical terms but everything should be described in the glossary at the end of this document so don't be put off!

Take a look at Week 1 and Week 8 of this 12 week program to see if it is right for you! And if you have any queries please do not hesitate to call thetrilife.com coaching team on 07791 289792 or email [Castlecoach@thetrilife.com](mailto:Castlecoach@thetrilife.com).

## Week 1 – Getting the foundations right

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><b>Plan Time:</b> Swim 1:30 Bike 2:30 Run 1:15</p> <p>Total Time 5:15</p> <p>Base 1 - Week 1</p> <p>The first 6 weeks are all about building your endurance – be patient – the tougher stuff will come later!</p> <p>It is a good idea to have your bike serviced and your setup checked out prior to starting this training program.</p>	<p><b>Workout 1</b> <b>Swim 0:45</b> Warm up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>We use different drills to help improve our technique. (See Glossary for a description of drills that will be used).</p> <p>Drills: 50 CU, 50 FS, 50 Drill1, 50 FS, 50 CU, 50 FS, 50 Drill1, 50 FS And repeat the drills above!</p> <p>Main Set: 4 x 100 with 20 s Rest (or 20s R) focus on quality of your swimming - count strokes and log in your diary. You will aim to reduce this by 1 every 4 weeks!</p> <p>Cool Down 100 cool down any stroke Total 1400 Your Drill 1 will be Shoulder Touch</p> <p><b>STAR SESSION</b></p>	<p><b>Workout 1</b> <b>Bike 1:00</b> An easy spin on a mostly flat course (or trainer). Small chain ring only.</p> <p>Check your cadence or revolutions per minute – aim for 90 rpm. Focus on pedaling smoothly.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p><b>Workout 1</b> <b>Run 0:30</b> Run easy on a flat course – practice a cadence of 180 strides per min.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p>	<p><b>Workout 1</b> <b>Swim 0:45</b> Warm Up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Drills: 50 CU, 50 FS, 50 Drill2, 50 FS, 50 CU, 50 FS, 50 Drill2, 50 FS Repeat these drills</p> <p>Main set: 2 x 200 with 30 s R focus on form</p> <p>Cool down: 100 cool down any stroke Total 1400</p> <p>Your Drill 2 will be Thigh Touch <b>STAR SESSION</b></p>	<p><b>Workout 1</b> Day Off None</p> <p>Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p>Try to take it easy today - recovery is another session!</p>	<p><b>Workout 1</b> <b>Run 0:45</b> Run on a rolling course with some gentle climbs. Work a bit harder going up hill and recover coming down. Allow effort to rise but don't push it.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p><b>STAR SESSION</b></p>	<p><b>Workout 1</b> <b>Bike 1:30</b> Ride on a rolling course. Remain seated on climbs.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: 1-2 RPE: 6-11 Or: Can hold a conversation</p> <p><b>STAR SESSION</b></p>

## Week 8 – More building

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<p><b>Plan Time:</b> Swim 2:45 Bike 1:00 Run 1:45 Brick 2:20</p> <p>Total Time 7:50</p> <p>Build 1 -week 2</p> <p>IMPORTANT FOR THIS WEEK:</p> <p><b>Make sure that you have everything that you need for your race. Some sessions should be done in your race kit to make sure it is comfortable.</b></p>	<p><b>Workout 1</b> <b>Swim 0:45</b> Warm up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Drills: 50 CU, 50 FS, 50 Drill1 50 FS, 50 CU, 50 FS, 50 Drill1 50 FS</p> <p>Main Set: 12 x 100 at T pace with 10s R</p> <p>Cool Down: 100 cool down any stroke Total 1800</p> <p><i>Your Drill 1 will be Shoulder Touch</i> <b>STAR SESSION</b></p>	<p><b>Workout 1</b> <b>Bike 1:00</b> Ride on a rolling course.</p> <p>Include 5 x 6 mins at your race pace effort with 2 mins recovery. If possible do this on a 2% hill. Do these efforts in your race position so on tri bars or on drops.</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard</p>	<p><b>Workout 1</b> <b>Run 0:45</b> Warm up well then:</p> <p>5 x (2 mins building to Zone 4 , 2 mins recover easy for 2 mins).</p> <p>Steady to end of session</p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: to 4 RPE: 15-17 Or: This is hard</p>	<p><b>Workout 1</b> <b>Swim 1.00</b> Warm Up: Flexibility/mobility poolside then 100 easy full stroke</p> <p>Main Set: 500 at T pace, 50s R, 2 x 50 FAST, 30 s R 400 at T pace, 40s R, 2 x 50 FAST, 30 s R 300 at T pace, 30s R, 2 x 50 FAST, 30 s R 200 at T pace, 20s R, 2 x 50 FAST, 30 s R</p> <p>Cool Down: 100 cool down any stroke</p> <p>Total 2000</p>	<p><b>Workout 1</b> Day Off None Actively focus on recovery today. Try to relax and have an easy day. A good day to have massage!</p> <p><i>Try to take it easy today - recovery is another session!</i></p>	<p><b>Workout 1</b> <b>Run 1:00</b> Easy 10 mins warm up then run 20 mins continuous at 10k pace on a flat course, 5 mins easy then repeat. Run easy to cool down and stretch well.</p> <p><b>STAR SESSION</b> <b>EFFORT LEVEL:</b> Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard</p> <p><b>Workout 1</b> <b>Swim 1.00</b> <b>OPEN WATER</b> Warm Up: 200 easy Main Set: 500 m nice and steady, long strokes, 1 min rest 500 m Race Pace - good effort, 1 min rest 500 m nice and easy, long strokes, 1 min rest Or Swim 1500 m course with middle third at a higher effort</p> <p>Skills: Practice turning round a buoy and following a set course in a lake Cool Down: 2 x 100 easy swim.</p> <p>Skills: Practice taking your wetsuit off fast! Total: 2100</p> <p><b>STAR SESSION</b></p>	<p><b>Workout 1</b> <b>Brick 2:20</b> Bike 2 hour building effort until the last 20 mins is at the race pace that you hope to be at in your race - what was your speed? Fast transition then run 20 minutes at 10k race effort. Walk 5 mins cool down. Practice nutrition and hydration as you would in the race.</p> <p><b>STAR SESSION</b></p> <p><b>EFFORT LEVEL:</b> Heart Rate Zones: to 4 RPE: 15-17 Or: Getting a bit out of breath – this feels hard</p>

## Glossary

**RPM:** Revolutions per minute. This is also known as your cadence.

**STAR SESSIONS:** STAR SESSIONS are sessions that will have a big impact in the development of your fitness. If you are unable to complete all the sessions in a week because of life commitments and you have to choose one or two, then choose a STAR SESSION!

**T pace:** In your swim sessions you will see the expression T pace (T stands for threshold, Time Trial or Test Pace). We will calculate your T pace during the program.

## Swim Drills and Sessions

**Swim Drills:** Swim drills are stroke exercises that we use to improve our stroke. Since swimming is 75% technique it is important that drills play an important part in your program.

**Units:** In the swim sessions the numbers denote the number of metres to be swum i.e., 50 Drill1 will mean 50 m of Drill 1 which will be defined in the program .

**Catch Up:** Catch Up is a drill to improve the length of our stroke – to ensure that we don't begin our catch/pull phase too early. Complete each full stroke with left or right arm before starting the next stroke with the opposite arm. Bring your hands in line but shoulder width apart before you start your next stroke.

**Shoulder Touch:** Shoulder Touch drill encourages a high relaxed elbow during the recovery phase. Simply touch the top of your right shoulder with your right hand as it passes to the front of your recovery (over the water) before entering the water. Perform the same with the left hand.

**Thigh Touch:** Thigh Touch drill encourages the swimmer to finish the stroke as the correct place and not too early. Touch your thigh with your thumb to mark the rearmost point of your stroke.

## Warming Up and Cooling Down

Warming up and cooling down your muscles are an important part of each and every session to help prevent injury. It is also recommended that you stretch well after each session. If you need any advice on how to stretch safely and effectively please contact thetrilife.com or a local fitness advisor.

## How Hard You Should Be Working

To achieve the most from your training you should become aware of your training intensity or how hard you are working. Fitness is achieved by overload followed by recovery and you need the right balance! There are a number of ways to measure how hard you are training. **Please do not be put off by the jargon!!!**

In the training program you will see that the required intensity is shown in terms of heart rate zones – but don't worry if your don't have a heart rate monitor because the table below shows other ways of describing these effort zones.

Heart rate monitors have become widely used, although there are limitations. (For example you should be aware that heart rate zones should be reassessed periodically). It is useful to use heart rate in conjunction with RPE or Rate of Perceived Exertion. There are several different scales for RPE. The one used below is a 15 point Borg scale. The following table illustrates a relationship between heart rate zones and RPE.

Heart Rate Zone	Zone Description	% of Maximum Heart Rate	RPE Level	Perceived Exertion
1	Recovery	60-65	6-8	Very, very light
2	Aerobic Endurance	65-75	8-11	Fairly light
3	Intensive Aerobic Endurance	75-82	12-14	Moderately hard
4	Lactate Threshold Training – Aerobic Capacity	82-89	15-16	Hard
5	Anaerobic Endurance – Lactate Tolerance	89-94	17-18	Very hard
6	Power	94+	19-20	Very, very hard

An exercise based field test is the most accurate way of calculating your Maximum Heart Rate –but a starting approximation is given by using the calculation “220 minus your age”!

Note: Heart rate zones suggested by different texts and organizations may vary.

**Enough of the words – time to train and have fun!**

**Good Luck from thetrilife.com coaching team.**