

Beginner

Below is a look at where each work-out is placed, through-out the 8 weeks.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 2	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 3	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 4	Swim	DAY OFF		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run			Run				Run	
Week 5	Swim	Swim		Swim	DAY OFF				
	Bike		Bike					Bike	Bike
	Run	Run		Run			Run	Run	
Week 6	Swim	Swim		Swim	DAY OFF				
	Bike		Bike					Bike	Bike
	Run	Run		Run			Run	Run	
Week 7	Swim	DAY OFF		Swim	DAY OFF				
	Bike		Bike					Bike	Bike
	Run			Run			Run	Run	
Week 8	Swim	Swim	DAY OFF	Swim	DAY OFF	Swim			
	Bike			Bike				Bike	
	Run	Run		Run			Run	Run	Race Day

General Training Tips

Don't Over Train - Always make sure you get plenty of rest in between training sessions and make sure you get at least one days rest every week.

Watch your pace - A lot of triathletes train at far too high an intensity and get injuries as a result. A heart rate monitor is useful for controlling your effort.

Never train when ill or feverish - Don't try and train through illness. It will probably make it worse.

Be sensible about injuries - If an injury becomes worse when you try to train, then stop training.

Be careful with stretching - Although stretching before a run is desirable, your muscles will not be warmed up and over-zealous stretching can do more harm than good. The rule should be to warm-up before your work-out by doing the intended activity very slow with low intensity. Leave stretching for after your work-out. You are less likely to damage your muscles at this point because they have warmed up. Make sure you know the correct techniques.

Use the right shoes for your running style - A good specialist running shoe store can help here. If you over-pronate, you may need shoes with extra medial arch support or you may simply need a shoe with good heel support. An appropriate pair of well fitting shoes can make a big difference to your running. Don't expect your shoes to last forever. The cushioning of running shoes usually fails well before the sole wears out.

Enjoy your training - This is most important. You train for enjoyment. Vary your routes and don't push hard in your training all of the time.

Keep your training Individual - we all have different bodies and goals and our training programs should be individual. You should not go out and do what others are doing.

Missed work-outs - if you have to miss a work-out, don't worry about it. Just go on with the rest of your training program.

Training Paces

In training you need to know and understand the following effort levels with regards to training intensity. Here's a simple explanation of the five "effort levels" for exercise:

VEP - Very Easy Pace

50-60 percent effort of your maximum effort.

This is an extremely comfortable pace to exercise at, with little exertion. Here you strengthen your heart and improve muscle mass while you reduce body fat, cholesterol and blood pressure.

EP - Easy Pace

60-70 percent effort of your maximum effort.

This feels fairly light and comfortable. While still a relatively low level of effort, this pace starts training your body to increase the rate of fat release from the cells to the muscles for fuel. Some people call this the "fat burning zone" because up to 85% of the total calories burned at this pace are fat calories.

MP - Medium Pace

70-80 percent effort of your maximum effort.

Moderate effort that isn't really easy, but isn't really hard. You have to focus a bit to keep going. You notice your breathing, your muscles, and your sweat. In this zone you step up your lung capacity and respiratory rate, and your heart increases in size and strength so you can exercise longer before becoming fatigued.

HP - Hard Pace

80-90 percent effort of your maximum effort.

Feels hard. Not over-the-top hard, but pretty hard. You are breathing quite hard. Here you get faster and fitter, increasing your heart rate as you cross from aerobic to anaerobic training. At this point, your heart cannot pump enough blood and oxygen to supply the exercising muscles fully so they respond by continuing to contract anaerobically.

VHP - Very Hard Pace

90-100 percent effort of your maximum effort.

This is hard, pure and simple. You are at the edge. You are going "anaerobic," which means your body is demanding oxygen faster than it can be delivered. You are panting and your muscles are quivering. This is used mostly in "interval" training regiments. Length of the intervals are short.

Program Abbreviations

WU = Warm Up
WD = Warm Down
sec = Seconds
min = Minutes
hr = Hour
hrs = Hours
R = Rest
m = Meters

VEP = Very Easy Training Pace
EP = Easy Training Pace
MP = Medium Training Pace
HP = Hard Training Pace
VHP = Very Hard Training Pace

Swim 100m WU VEP
then 4 x 25m EP
with 45sec R, then
100m VEP
followed by 4 x 25m
EP with 45sec R,
and then 100m WD
VEP. (total 500m)

Swim 100meters(m) warm up(WU) at a very easy
pace(VEP)

4 x 25meters easy pace(EP)
with 45 seconds(sec) rest(R)

then 100meters(m) very easy pace(VEP)

then 4 x 25meters easy pace(EP)
with 45 seconds(sec) rest(R) between

Then 100meters(m) warm down(WD) very easy
pace(VEP)

Total swimming 500meters(m)

Below is a look at the individual make-up of each work-out, through-out the 8 weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 100m WU VEP then 8 x 25m MP with 50sec R, then 100m easy WD. (400m total)		Swim 100m WU VEP then 6 x 50m MP with 60sec R, then 100m easy WD. (500m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 100m WU VEP then 3 x 100m MP with 90sec R, then 100m easy WD. (500m total)			Week 1	
Bike		20min bike on flat roads. EP				20min bike in the morning and on flat roads. EP	30min long bike on flat roads. EP.		
Run	20 minute flat run EP.		20 minute flat run EP.			30 minute long flat run in the afternoon EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 400m VEP. (400m total)		Swim 200m WU VEP then 8 x 25m MP with 45sec R, then 100m easy WD. (500m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 100m WU VEP then 1 x 300m MP with 90sec R, then 100m easy WD. (500m total)			Week 2	
Bike		25min bike on flat roads. EP				20min bike in the morning and on flat roads. EP	40min long bike on flat roads. EP.		
Run	20 minute flat run EP.		20 minute flat run EP.			35 minute long flat run in the afternoon EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 150m WU VEP then 2 x 25m MP with 30sec R, 2 x 50m MP with 45sec R, 2 x 100m MP with 60sec R, then 100m easy WD. (600m total)		Swim 200m WU VEP then 3 x 100m MP with 60sec R then 200m easy WD. (700m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 200m WU VEP then 10 x 50m MP with 50sec R, then 100m easy WD. (800m total)			Week 3	
Bike		30min bike on flat roads. EP				30min bike in the morning and on flat roads. EP	40min long bike on flat roads. EP.		
Run	25 minute flat run EP.		25 minute flat run EP.			40 minute long flat run in the afternoon EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important day of the week.		Swim 200m WU VEP then 3 x 100m MP with 60sec R, 4 x 50 MP with 40sec R then 200m easy WD. (900m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 200m WU VEP then 1 x 400m MP with 90sec R, then 100m easy WD. (700m total)			Week 4	
Bike		40min bike on flat roads. EP					30min bike in the morning and on flat roads. EP		50min long bike on flat roads. EP.
Run			30 minute flat run EP.				45 minute long flat run in the afternoon EP.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200m WU VEP then 2 x 25m MP with 30sec R, 3 x 50m MP with 45sec R, 2 x 100m MP with 60sec R, then 100m easy WD. (700m total)		Swim 200m WU VEP then 12 x 25m MP with 35sec R, then 100m easy WD. (700m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.		200m swim open water(Lake or in the Sea). EP then immediately into a 30min bike on flat roads. EP then a 15min run EP immediately after the bike ride.		Week 5
Bike		30min bike on hilly roads. EP					50min long bike on flat roads. EP.	
Run	30 minute flat run EP.		30 minute flat run EP.		50 minute long flat run EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200m WU VEP then 12 x 50m MP with 30sec R, then 200m easy WD. (1000m total)		Swim 200m WU VEP then 4 x 25m MP with 30sec R, 4 x 50m MP with 45sec R, 2 x 100m MP with 60sec R, then 100m easy WD. (800m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.		300m swim open water(Lake or in the Sea). EP then immediately into a 30min bike on flat roads. EP then a 20min run EP immediately after the bike ride.		Week 6
Bike		40min bike on hilly roads. EP					1hr long bike on flat roads. EP.	
Run	35 minute flat run EP.		40 minute flat run EP.		30 minute flat run EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.		Swim 200m WU VEP then 4 x 50 MP with 30sec R, 3 x 100m MP with 60sec R, 4 x 50 MP with 30sec R then 200m easy WD. (1100m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.		400m swim open water(Lake or in the Sea). EP then immediately into a 40min bike on flat roads. EP then a 20min run EP immediately after the bike ride.		Week 7
Bike		40min bike on flat roads. EP					40min long bike on flat roads. EP.	
Run			40 minute flat run EP.		30 minute flat run EP.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200m WU VEP then 8 x 25m MP with 35sec R then 200m easy WD. (600m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 200m WU VEP then 2 x 25m MP with 30sec R, 1 x 100m MP with 90sec R, 2 x 25m MP with 30sec R, then 100m easy WD. (500m total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.	Swim 200m WU VEP then 2 x 50 MP with 30sec R then 100m easy WD. (400m total)		RACE DAY	Week 8
Bike			20min bike on flat roads. EP			10min bike on flat roads. EP. Do this bike ride in the morning.		
Run	30 minute flat run EP.		15 minute flat run EP.		10 minute flat run in the early afternoon. EP.			