

# Beginner

Below is a look at where each work-out is placed, through-out the 4 weeks.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim	DAY OFF	Swim		Swim	DAY OFF		
	Bike						Bike	Bike
	Run/Walk			Run/Walk				Run/Walk
Week 2	Swim	DAY OFF	Swim		Swim	DAY OFF		
	Bike						Bike	Bike
	Run/Walk			Run/Walk				Run/Walk
Week 3	Swim	DAY OFF	Swim		Swim	DAY OFF		
	Bike						Bike	Bike
	Run/Walk			Run/Walk				Run/Walk
Week 4	Swim	DAY OFF	Swim		Swim	DAY OFF		
	Bike						Bike	Race Day
	Run/Walk			Run/Walk			Run/Walk	

### 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.

Below is a look at the individual make-up of each work-out, through-out the 4 weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 4-8 lengths with 60seconds rest between lengths. You can complete these doing freestyle or breast stroke.		Swim 4-8 lengths with 60seconds rest between lengths. You can complete these doing freestyle or breast stroke.				Week 1
Bike	DAY OFF (today is a day off in your program. I know you are all excited and ready to go, but use today to go over the checklist.				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.	30min Bike (easy ride on flat roads. Try and pick roads or a time of day when the traffic is not so busy) Make sure to ride in the morning before your run.	40min Bike (easy ride on flat roads. Try and pick roads or a time of day when the traffic is not so busy)	
Run / Walk			20 minute Run/Walk (start with 5minutes of walking then 5 x (1minute running followed by 1minute walking) then finish with 5 minutes of walking.			20 minute Run/Walk in the afternoon (start with 4minutes of walking then 4 x (2minutes running followed by 1minute walking) then finish with 4 minutes of walking.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 6-10 lengths with 50seconds rest between lengths. You can complete these doing freestyle or breast stroke.		Swim 6-10 lengths with 45seconds rest between lengths. You can complete these doing freestyle or breast stroke.				Week 2
Bike	DAY OFF (recover from and absorb the weekends training).				DAY OFF (recover from and absorb the weeks training).	30min Bike (easy ride on flat roads. Make sure to ride in the morning before your run).	40min Bike (easy ride on both flat roads and small hills).	
Run / Walk			20 minute Run/Walk (start with 3minutes of walking then 10 x (1minute running followed by 30seconds walking) then finish with 2 minutes of walking.			20 minute Run/Walk in the afternoon (start with 5minutes of walking then 2 x (4minutes running followed by 2minutes walking) then finish with 3 minutes of walking.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 8-14 lengths with 40seconds rest between lengths. You can complete these doing freestyle or breast stroke.		Swim 10-18 lengths with 40seconds rest between lengths. You can complete these doing freestyle or breast stroke.				Week 3
Bike	DAY OFF (recover from and absorb the weekends training).				DAY OFF (recover from and absorb the weeks training).	30min Bike (easy ride on flat roads. Ride before your run).	40min Bike (easy ride on both flat roads and hills).	
Run / Walk			20 minute Run/Walk (start with 2minutes of walking then 2 x (6minute running followed by 2minutes walking) then finish with 2 minutes of walking.			20 minute Run/Walk right after your bike ride. (start with 5minutes of walking then 10minutes of running and finish with 5 minutes of walking.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 8-14 lengths with 30seconds rest between lengths. You can complete these doing freestyle or breast stroke.		Swim 6-8 lengths with 40seconds rest between lengths. Today is an easier swim to get ready for the weekends race.				Week 4
Bike	DAY OFF (recover from and absorb the weekends training).				DAY OFF (recover from and absorb the weeks training).	10min Bike (easy ride to make sure everything is working fine).	RACE DAY	
Run / Walk			20 minute Run/Walk (start with 5minutes of walking then 12minute running followed by 3minutes of walking to finish.			10 minute Run/Walk (2minutes of walking then 5minute running followed by 2 minutes of walking to finish).		