

## Triathlon Work Out Plan

### Swimming

\*Please note the TRACEN gymnasium pool is Olympic size meaning each length of the pool is 50 meters.\*

#### Week One

In week one you'll want to focus on the strokes you know best, this will allow your body to get used to swimming again.

4x100 meters (Rest 12 breaths between 100s)  
4x 50 meters (Rest 8 breaths between 50s)  
4 x 25 meters (Rest 4 breaths between 25s)  
Total: 700 meters

#### Week Two

This week you will want to focus on your weaker strokes, this will allow your body to exercise the muscles that are not as commonly used in your better strokes

200 meters (Rest for 12 breaths)  
4x100 meters (Rest for 10 breaths between 100s)  
4x50 meters (Rest for 6 breaths between 50s)  
4x25 meters (Rest for 4 breaths between 25s)  
Total: 900 meters

#### Week Three

In this week you will want to use a combination of strokes, both your strongest and weakest strokes in order to exercise all muscle groups fully.

400 meters (Rest for 12 breaths)  
200 meters (Rest for 10 breaths)  
4X100 meters (Rest for 8 breaths between 100s)  
4 X 50 meters (Rest for 4 breaths between 50s)  
Total: 1200 meters

#### Week Four

As you go into the final week of training before competition you will want to once again focus on your strongest strokes as this will be what you will use during competition.

600 meters (Rest 10 breaths)  
300 meters (Rest 8 breaths)  
4X 100 meters (Rest 6 breaths between 100s)  
4X 50 meters (Rest for 4 breaths between 50s)  
Total: 1500 meters

### Running

#### Week One

Warm Up: 5 min Brisk Walk (4.0mph)  
Alternate 60 secs Jogging (5.5-6.5 mph) and 90 secs Walking (4.0mph) for 20 mins

#### Week Two

Warm up: 5 min Brisk Walk (4.0 mph)  
Alternate 90 secs Jogging (5.5-6.5 mph) and 60 secs walking for 25 mins

#### Week Three

Warm Up: 5 mins Brisk Walk (4.0mph)  
90 sec Jogging (5.5-6.5), 90 sec Walking (4.0 mph), 3 minute Jog, 2 minute walk for 30 mins

#### Week Four

Warm Up: 5 mins Brisk Walk (4.0 mph)  
3 minute Jog, 90 sec Walk, 5 min jog, 2 min walk for 35 mins  
Final Challenge: Jog 20 minutes NO WALKING!

#### Cycling

##### Week One

Warm Up: Little to No Resistance  
6-10 mins: Increase resistance to flat road  
11-15: increase resistance level by one each minute  
16-20: decrease resistance level by one each minute  
21- 23: Active Recovery  
24-29: increase resistance level by one each minute  
30-34: decrease resistance level by one each minute  
35- Recover/ Cool Down

##### Week Two

Warm Up: Little to No Resistance  
6-10 mins: Increase resistance to flat road  
11-15: Tabata Sprints (20secs high resistance, 10 secs rest)  
16-20: Active Recovery (Low resistance)  
21- 25: Tabata Sprints  
26: Recover/ Cool Down

##### Week Three

Warm Up: Little to No Resistance  
6-10 mins: Increase resistance to flat road  
11-20: 30/ 30 Sprints ( 30 secs high resistance / 30 secs rest)  
21-24: Active Recovery (Low resistance)  
25- 34: 30/30 Sprints  
35: Recover/ Cool Down

##### Week Four

Warm Up: Little to No Resistance  
6-10 mins: Increase resistance to flat road  
11-15: Increase resistance level each minute  
16-20: 30/30 Sprints  
21- 25: Decrease resistance level each minute  
26-29: Recover/ Cool Down  
30-34: Tabata Sprints  
35: Recover/ Cool Down