



TRIATHLON - BEGINNER OLYMPIC

This plan

Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions.

Please do a 4 x 25m or 2 x 50m easy warm up and cool down around faster swim sets.

Always substitute cross training for running if you are injured, very sore or if it is not safe to run.

Please add a core conditioning, Pilates or Yoga class once or twice a week if you have time.



Together we will beat cancer

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Swim 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery OR rest	Run 30 mins easy conversational pace (add a 1 min walk every 5 mins if required)	Rest	Swim 6 x 75m steady effort with 30 seconds recovery	Rest	Bike 45 minutes easy	Run 30 mins easy conversational pace (add a 1 min walk every 5 mins if required)
2.	Swim 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery OR rest	Run 4 x (4 mins @ threshold / 3 minute jog/walk recovery) all built into 30 mins running	Rest	Swim 8 x 75m steady effort with 30 seconds recovery	Rest	Bike 50 minutes easy	Run 45 minutes easy (add 1 min walk sections if required every 5 mins)
3.	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery OR rest	Run 3 x (5 mins @ threshold / 2 minute jog recovery) all built into 30mins running	Rest	Swim 10 x 75m steady effort with 30 seconds recovery + 90s recovery + 50m fast	Rest	Bike 60 minutes easy	Run 45 minutes easy (add 1 min walk sections if required every 5 mins)
4.	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery OR rest	Run 4 x (5 mins @ threshold / 2 minute jog recovery) all built into 30mins running	Rest	AM: Swim 6 x 100m steady effort with 30 seconds recovery + 90s recovery + 100m fast recording time PM: Run 20 minutes easy OR rest	Rest	Bike 60 - 70 minutes easy	Run 45-60 mins easy conversational pace
5.	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 90 secs recovery OR rest	Run 30 including 3 x 5 mins @ threshold off 2 min jog/walk recovery	Rest	AM: Swim 30 minutes go as far as you can whilst maintaining control	Rest	5k Park Run or GPS time trial – Good luck!	Bike 60 mins easy ride
6.	Swim 30 minutes easy OR rest	Brick Session Bike – 30 minutes easy with last 10 @ threshold + Run: 4 x 3 minutes @ threshold with 90 seconds jogged recovery	Rest	AM: Swim 6 x 150m steady effort with 20 seconds recovery + 90s recovery + 100m fast recording time PM: Run 20 minutes easy OR rest	Rest	Bike 90 mins easy	Run 60 mins easy



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Try to stretch every day for at least 10 mins.

Always eat within 20-30 mins of finishing a run, swim or cycle.

If your swim is in open water please practice some of your swims in a wetsuit.

Only swim open water in training in supervised and safe environments.

Always train at your target pace in race paced sessions, don't compromise or run too hard.

Tiredness always catches up so take extra rest if required.



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Swim 30 minutes easy OR rest	Run 5 x (5mins @ threshold/90s jog recovery) all built into 45 min running	Rest	AM: Swim 5 x 200m steady with 30s recovery PM: Run 30 minutes easy OR rest	Rest	Bike 90 mins easy	Run 60-70 mins easy pace
8.	Swim 35 minutes easy OR rest	Brick Session Bike – 40 minutes easy with last 20 @ race day effort + Run: 4 x 5 minutes @ threshold with 90 seconds jogged recovery	Rest	AM: Swim 6 x 200m steady effort with 30s recovery PM: Run 30 minutes easy OR rest	Rest	Bike 1hr 45 mins easy	Run 70 – 80 mins easy pace
9.	Swim 40 minutes easy as 2 x 20 minutes with 5 minutes recovery OR rest	Run 6 x (5mins @ threshold/90s jog recovery) all built	Rest	AM: Swim 30-40 minutes go as far as you can whilst maintaining control PM: Run 30 minutes easy OR rest	Rest	Bike 2hrs easy	Run 80 mins easy pace
10.	Swim 40 minutes easy OR rest	Brick Session Bike – 45- minutes with last 20 @ race day effort + Run: 4 x 6 minutes @ threshold with 90 seconds jogged recovery	Rest	AM: Swim 8-10 x 100m at race pace with 15-20s recovery between sets PM: Run 30 minutes easy OR rest	Rest	5k Park Run or GPS time trial + 20 mins easy run after	Bike 90 mins with 4 x 3k @ race effort built in off 3 min easy spin out recovery
11.	Swim 30 minutes easy + core OR rest	PM: 6 mins @ threshold + 5 x 2 mins @ 5k pace + 6 mins @ threshold all off 2 min jog recovery	Rest	AM: Swim 30 minutes freestyle Continuous easy effort or rest PM: Run Continuous progression run 10 minutes easy, 10 minutes steady, 10 minutes threshold effort	Rest	Bike 75 mins easy	Run 45-60 mins relaxed
12.	Rest	30 min run including 3 x 5 mins @ threshold off 3 min jog rec	Rest	AM: Swim 20 minutes freestyle Continuous easy effort	Rest	Run 15 minutes easy run and stretch	Race day - good luck!