

Olympic Triathlon

Training Plan

16 weeks



- Grand Rapids Triathlon Olympic Distances are as follows:
 - ❖ Swim – 1500 meters (1640 yards or just under 1 mile)
 - ❖ Bike – 40K (25 miles)
 - ❖ Run – 10K (6.2 miles)

- Plan designed for beginner or intermediate triathlete that has completed a sprint distance triathlon

- Individuals starting this plan should currently be maintaining fitness at 4 – 5 hours per week of activity, preferably related to at least 1 tri discipline

- Training plan created by **AthleticMentors** USA Triathlon Certified Coaches

- Personalized training plans and one-on-one coaching available
 - ❖ Contact Athletic Mentors online at www.athleticmentors.com
 - ❖ Contact Athletic Mentors via phone at 269-664-6912

Terminology



- RPE – rate of perceived exertion; scale of 1–10 with 10 being max effort
 - ❖ See descriptions of scale on next slide

- Brick – combination workout that moves from one discipline directly into the next
 - ❖ simulates race situation

- Tempo – continuous effort in zone 3

- Speedwork – repeats of short intervals in zone 4
 - ❖ Example: 0.25–0.5 mile for run, 1–2 minutes for bike, 25–50 yards for swim

- Long Interval - repeats of long intervals in zone 3
 - ❖ Example: mile for run, 5+ minutes for bike, 100+ yards for swim

RPE Scale

Perceived Effort	Description			
10	Max Effort Activity	Feels almost impossible to keep going	Completely out of breath	Unable to talk
9	Very Hard Effort	Very difficult to maintain exercise intensity	Can barely breathe	Can barely speak a single word
7-8	Vigorous Activity	On the verge of becoming uncomfortable	Short of breath	Can speak a sentence
4-6	Moderate Activity	Feels like you can exercise for hours	Breathing heavily	Can hold short conversation
2-3	Light Activity	Feels like you can maintain for hours	Easy to breath	Can carry a conversation
1	Very Light Activity	Anything other than sleeping		

Training Zones

% of max HR	Zone	RPE	Name	Description
50-70%	1	2-3	active recovery	long slow
70-80%	2	4-5	aerobic / endurance	can exercise comfortably for an extended period of time
80-90%	3	6-7	tempo / threshold	fast work that can be held for some number of minutes
90-95%	4	8-9	interval work	short bouts of 1 - 5 minutes at high pace
95-100%	5	10	sprint/power	all out effort; held for less than a couple of minutes

Training Phases I - II



➤ BASE PHASE

- ❖ Spend most of training time in zone 2
- ❖ Include a few 20-30 second hard efforts to 1 workout per discipline per week
- ❖ Add a 3rd day of strength training if time permits

➤ BUILD PHASE

- ❖ Spend majority of time in zone 2
- ❖ Add a tempo session or long interval session to 1 workout per discipline per week
- ❖ Substitute a hill workout for 1 strength training day if desired

Training Phases III - IV



➤ PEAK PHASE

- ❖ Spend less than half of training time in zone 2
- ❖ Maintain tempo session or long interval session for each discipline per week
- ❖ Change second workout per week for each discipline to speedwork
- ❖ Substitute a hill workout for 1 strength training day if desired

➤ TAPER PHASE

- ❖ Increase intensity of workouts
- ❖ Cut training volume in half
- ❖ Allow for full recovery between intervals

WEEKS 1 - 3



<u>Week 1 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:30
Thu	Bike	0:45
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:30
	Run	0:30
Sun	Bike	0:45
	Weekly Total	4:30

<u>Week 2 - BASE</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	0:30
Thu	Bike	0:45
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:30
	Run	0:40
Sun	Bike	1:00
	Weekly Total	5:00

<u>Week 3 - BASE</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:35
Thu	Bike	0:45
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:35
	Run	0:35
Sun	Bike	1:15
	Weekly Total	5:25

WEEKS 4 - 6



<u>Week 4 - BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:30
Thu		
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:30
	Run	0:30
Sun	Bike	0:50
	Weekly Total	3:50

<u>Week 5 - BUILD</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:35
Thu	Bike	0:45
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:35
	Run	0:35
Sun	Bike	1:15
	Weekly Total	5:25

<u>Week 6 - BUILD</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:40
Thu	Bike	0:50
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:40
	Run	0:40
Sun	Bike	1:30
	Weekly Total	6:00

WEEKS 7 - 9



<u>Week 7 - BUILD (recovery)</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	0:30
Thu		
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:30
	Run	0:35
Sun	Bike	1:00
	Weekly Total	4:10

<u>Week 8 - BUILD</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:40
Thu	Bike	0:50
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:40
	Run	0:40
Sun	Bike	1:30
	Weekly Total	6:00

<u>Week 9 - BUILD</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	0:40
Thu	Bike	1:00
Fri	OFF	
Sat	Swim	0:40
	Run	1:00
Sun	Bike	2:00
	Weekly Total	6:35

WEEKS 10 - 12



Week 10 - BUILD (recovery)		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:30
Thu		
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:30
	Run	0:40
Sun	Bike	1:15
	Weekly Total	4:35

Week 11 - PEAK		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	0:40
Thu	Bike	1:30
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:20/1:00)	1:20
Sun	Bike/Run Brick (0:45/0:20)	1:05
	Weekly Total	6:35

Week 12 - PEAK		
Mon	OFF	
Tue	Run	0:50
	Strength Train	0:30
Wed	Swim	0:40
Thu	Bike	1:30
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:30/1:15)	1:45
Sun	Bike/Run Brick (1:00/0:30)	1:30
	Weekly Total	7:15

WEEKS 13 - 14



<u>Week 13 - PEAK</u>		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	0:45
Thu	Bike	1:45
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:30/1:15)	1:45
Sun	Bike/Run Brick (1:15/0:30)	1:45
	Weekly Total	8:00

<u>Week 14 - PEAK (recovery)</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	0:35
Thu	Bike	1:15
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:20/0:40)	1:00
Sun	Bike/Run Brick (0:40/0:20)	1:00
	Weekly Total	5:35

WEEKS 15 - 16



<u>Week 15 - TAPER</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	0:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:25/0:40)	0:45
Sun	Bike/Run Brick (0:40/0:15)	0:55
	Weekly Total	4:45

<u>Week 16 - TAPER</u>		
Mon	OFF	
Tue	Bike/Run Brick (0:30/0:15)	0:45
Wed	OFF	
Thu	Swim/Bike Brick (0:15/0:30)	0:45
Fri	OFF	
Sat	Bike	0:40
Sun	GRAND RAPIDS TRI RACE DAY	
	Weekly Total	2:10