

Basic Triathlon Training Schedule

Short course 10 week lead-in “suggestion”

Don’t hesitate to change things around to fit your schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
WK 1	R: 1.5 m	S: 250 y	Brick B:5 m / R:1.5 m	S: 250 y	Lift upper	OFF-walk	R: 2 m
WK 2	R: 1.5 m	S: 250 y	Lift lower	S: 300 y	Brick B:5 m / R:1.5 m	OFF-walk	OFF-walk
WK 3	S: 300 y	Brick B: 8 m / R: 2 m	OFF-walk	Lift upper	R: 2 m	S: 300 y	OFF-walk
WK 4	R: 2.5 m	OFF-walk	S: 350y	Lift lower	B: 10m	R: 3 m	OFF-walk
WK 5	S: 350 y	Lift upper	R: 3.5 m	OFF-walk	S: 350y	R: 3 m	OFF-walk
WK 6	S: 350 y	OFF-walk	R: 3 m	S: 400 y	Brick B: 6 m / R: 2 m	OFF-walk	Lift lower
WK 7	R: 3 m	S: 400 y	Brick B: 8 m/R: 2.5 m	OFF-walk	Lift upper	OFF-walk	R: 3.5 m
WK 8	S: 500 y	Brick B: 10m /R:3 m	OFF-walk	Lift lower	R: 2 m	OFF-walk	OFF-Walk
WK 9	R: 4 m	S: 500 y	Brick: B: 10 m / R: 3 m	OFF-walk	B: 10 m	OFF-walk	R: 3 m
WK 10	OFF-walk	R: 2 m	OFF-walk	S: 250 y	B: 6 m	OFF-Walk	OFF-Walk

Don’t hesitate to email if you have questions.

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Explanation:

Legend--

S - swim

B - bike

R - run

y - yards

m - miles

Brick - Bike immediately followed by a run. The week 1 Tuesday Brick of B:5 m/ R:1.5 m means Bike 5 miles, then run 1.5 miles.

Lift - Either upper body or lower body, basic strength work

OFF - Just that...take some time off and only walk a bit. Walking is highly underrated as a training mode. Its just good for you with minimal impact and is a great time to think about what you are doing. Preferably this is walking alone and not walking the dog or something like that. Use flat or gently rolling terrain if possible, and low intensity.

Remember this is recovery/recapture time.

In general -- This is only a suggested schedule and while it works well as it is set up, it can also be used as an example of how you can plan your training and mix things up on a daily basis. This is based on a sprint distance road triathlon of 500 Yard Swim/10 Mile Bike/ 3.1 Mile Run. Not everyone has the time to fit in training every day so come up with a plan that fits into your life and schedule. The key is develop a plan and stick with it. Then keep track of what you did.

Consider these 7 basic "legs" to the foundation of the fitness "table" you are building;

-Cardio

-Core

-Strength

-Stretching

-Hydration

-Nutrition

-Rest

The more legs you leave out, the weaker the table. You might want to build a chart or use an online fitness logging service to help keep track of what you do and when you do it. It can also be as simple as handwritten notes on a legal pad. Do what works best for you...but do it and keep track of things. Remember that your intensity and duration of exercise and training cannot be at a high level day in and day out. You need to give yourself and your muscles time to rebuild after tearing things apart on the high intensity days.

If you have questions or need more information or want to bounce things off me, please do not hesitate. The best way to reach me is by email; jim@jimmishler.com -or- jim@michigantri.com