

Beginner Olympic Triathlon Training Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 (4 hours)	Swim 800 yards	Bike or indoor cycle 30 minutes	Run 25 minutes Strength class	Rest	Swim 800 yards	Bike or indoor cycle 50 minutes	Run 35 minutes
Week 2 (4.2 hours)	Swim 900 yards	Bike or indoor cycle 40 minutes	Run 25 minutes Strength class	Rest	Swim 900 yards	Bike or indoor cycle 55 minutes	Run 40 minutes
Week 3 (4.7 hours)	Swim 1000 yards	Bike or indoor cycle 45 minutes	Run 40 minutes Strength class	Rest	Swim 1000 yards	Bike or indoor cycle 1:05	Run 45 minutes
Week 4 (3.7 hours)	Swim 800 yards	Bike or indoor cycle 35 minutes	Run 25 minutes	Rest	Swim 800 yards	Bike or indoor cycle 55 minutes	Run 30 minutes Bodywork 15 minutes
Week 5 (4.7 hours)	Swim 1000 yards	Bike or indoor cycle 45 minutes	Run 45 minutes Strength class	Rest	Swim 1200 yards	Bike or indoor cycle 1:05	Run 45 minutes
Week 6 (5 hours)	Swim 1200 yards	Bike or indoor cycle 50 minutes	Run 50 minutes Strength class	Rest	Swim 1200 yards	Bike or indoor cycle 1:15	Run 50 minutes
Week 7 (5.6 hours)	Swim 1400 yards	Bike or indoor cycle 55 minutes	Run 55 minutes Strength class	Rest	Swim 1400 yards	Bike or indoor cycle 1:20	Run 50 minutes

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Week 8 (4.2 hours)	Swim 1000 yards	Bike or indoor cycle 40 minutes	Run 35 minutes	Rest	Swim 1000 yards	Bike or indoor cycle 1:05	Run 35 minutes Bodywork 15 minutes
Week 9 (5.6 hours)	Swim 1200 yards	Bike or indoor cycle 50 minutes 10 minute Transition Run – start your run within ten minutes of finishing the bike	Run 45 minutes Strength class	Rest	Swim 1200 yards	Bike or indoor cycle 1:15 15 minute Transition Run Start your run within 10 minutes of finishing the bike	Run 45 minutes
Week 10 (5.8 hours)	Swim 1400 yards	Bike or indoor cycle 55 minutes 10 minute Transition Run – start your run within ten minutes of finishing the bike	Run 45 minutes Strength class	Rest	Swim 1400 yards	Bike or indoor cycle 1:20 20 minute Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes
Week 11 (6.2 hours)	Swim 1600 yards	Bike or indoor cycle 1:00 10 minute Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes Strength class	Rest	Swim 1600 yards	Bike or indoor cycle 1:35 20 minute Transition Run – start your run within ten minutes of finishing the bike Bike or indoor cycle 1:05	Run 55 minutes
Week 12 (4.4 hours)	Swim 1200 yards	Bike or indoor cycle 40 minutes 15 minute Transition Run – start your run within ten minutes of finishing the bike	Run 35 minutes	Rest	Swim 1200 yards	20 minute Transition Run – start your run within ten minutes of finishing the bike Bike or indoor cycle 1:45	Run 40 minutes Bodywork 15 minutes
Week 13 (6.8 hours)	Swim 1800 yards; open water if possible	Bike or indoor cycle 1:10 20 minute Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes Strength class	Rest	Swim 1800 yards	25 minute Transition Run – start your run within ten minutes of finishing the bike.	Run 1:05

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Week 14 (7.5 hours)	Swim 2000 yards; open water if possible	Bike or indoor cycle 1:15 20 minute Transition Run – start your run within ten minutes of finishing the bike	Run 1:00 Strength class	Rest	Swim 2000 yards	Bike or indoor cycle 2:00 25 minute Transition Run – start your run within ten minutes of finishing the bike	Run 1:15
Week 15 (5.5 hours)	Swim 1800 yards; open water if possible	Bike or indoor cycling 1:00 15 minute Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes Strength class	Rest	Swim 1800 yards	Bike or indoor cycle 1:30 20 minute Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes
Week 16 RACE WEEK	Swim 30 minutes; open water if possible	Rest	Bike 45 minutes	Run 25 minutes	Swim 15 minutes; on race course if possible Bike 25 minutes Run 15 minutes	Stretch and foam roll 15 minutes	RACE!

Notes:

*Begin Z1 & ZR bikes and runs at an easy to moderate pace for five minutes and then increase effort.

*Efforts for beginner plan will be recovery to aerobic (from 3 to 4-6 on a scale of 10)

*Swim/Bike/Run Intensities

- Recovery ZR - rate of perceived exertion of 3 or less on a scale of 10 - "singing" pace

- Aerobic Z1 - rate of perceived exertion of 4-6 on a scale of 10 - "comfortable conversation" pace

- Tempo Z2 - rate of perceived exertion of 7 on a scale of 10 - "one phrase/one sentence"

- Tempo Z3 - rate of perceived exertion 8 on a scale of 10 - "one word"

- BSE (Best Sustainable Effort) /Z4 - rate of perceived exertion of 9-10 on a scale of 10 - "no words"

*For a more immersive training experience please contact amy@qt2systems.com