



Olympic Distance Triathlon Training Program - Beginner

Goal: At least 3 workouts of each type every week (3 Swim, 3 Bike, 3 Run) with a workout every day

Week	Date	Swim	Bike	Run	Training Phase
W1		WU: Warm Up; S=Freestyle Swim; K=Kick Board; P=Pull Buoy MAIN: Main Workout CD: Cool Down			Prep
Mon	2/23/2009	WU: 100 easy + 200 Drills 300 yds MAIN: 2x100 S with 15 sec rest between 200 yds CD: 100 Easy TOTAL: 600 yds		1 mile run	
Tue	2/24/2009		10 miles		
Wed	2/25/2009	WU: 100 easy + 200 Drills 300 yds MAIN: 4x50 S with 15 sec rest between 200 yds CD: 100 Easy TOTAL: 600 yds	30 min		
Thur	2/26/2009			1.5 mile run / walk	
Fri	2/27/2009	WU: 150 easy + 200 Drills 300 yds MAIN: 3x100 S with 15 sec rest between 300 yds CD: 100 Easy TOTAL: 700 yds			
Sat	2/28/2009			2 mile run / walk	
Sun	3/1/2009		15 miles		
W2					Prep
Mon	3/2/2009	WU: 100 easy + 200 Drills 300 yds MAIN: 2x100 S with 15 sec rest between 200 yds CD: 100 Easy TOTAL: 600 yds		1 mile run	
Tue	3/3/2009		10 miles		
Wed	3/4/2009	WU: 100 easy + 200 Drills 300 yds MAIN: 4x50 S with 15 sec rest between 200 yds CD: 100 Easy TOTAL: 600 yds	30 min		
Thur	3/5/2009			1.5 mile run / walk	
Fri	3/6/2009	WU: 150 easy + 200 Drills 300 yds MAIN: 3x100 S with 15 sec rest between 300 yds CD: 100 Easy TOTAL: 700 yds			
Sat	3/7/2009			2 mile run / walk	
Sun	3/8/2009		15 miles		
Prep Phase Notes: Focus on getting the workouts in - 3 each Swim, Bike, Run. Get into a rhythm					
W3					Phase 1
Mon	3/9/2009	WU: 100 easy + 200 Drills 300 yds Main: 2 x 100 S with 15 sec rest bet 200 yds CD: 100 easy 100 yds total 600 yds		1.5 mile run / walk	
Tue	3/10/2009		12 miles		
Wed	3/11/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 300 S 300 yds CD: 100 easy 100 yds total 700 yds	30 min		
Thur	3/12/2009			2 mile run / walk	
Fri	3/13/2009	WU: 100 easy + 200 Drills 300 yds Main: 10 x 50 S 30 sec rest between 500 yds CD: 100 easy 100 yds total 900 yds			
Sat	3/14/2009			2.5 mile run / walk	
Sun	3/15/2009		20 miles		
Week 3 Notes: Focus on getting all training done. Keep up on your sleep and watch your calorie intake. You will need more carbohydrates to fuel your body.					
W4					Phase 1
Mon	3/16/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 100 S 15 sec rest between 300 yds CD: 100 easy 100 yds total 600 yds		2.5 mile run / walk	
Tue	3/17/2009		15 miles		
Wed	3/18/2009	WU: 100 easy + 200 Drills 300 yds Main: 400 S 400 yds CD: 150 easy 150 yds total 850 yds	45 min spin		
Thur	3/19/2009			2 mile run / walk	
Fri	3/20/2009	WU: 100 easy + 200 Drills 300 yds Main: 12 x 50 S 30 sec rest between 600 yds CD: 150 easy 150 yds total 1050 yds			
Sat	3/21/2009			3 mile run / walk	
Sun	3/22/2009		25 miles		
Week 4 Notes: Continue focusing on completing all scheduled training. Distances continue to go up each week. This is the critical week to getting into a routine.					



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Date	Swim	Bike	Run	Training Phase
W5				
Mon 3/23/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 100 S 15 sec rest between 300 yds CD: 100 easy 100 yds total 700 yds		2.5 mile run / walk	Phase 1
Tue 3/24/2009		15 miles		
Wed 3/25/2009	WU: 100 easy + 200 Drills 300 yds Main: 4 x 100 S 15 sec rest between 400 yds CD: 150 easy 150 yds total 850 yds	8 miles	6 x 400 (1 lap) on track - 30 sec rest between sets 5 k race pace	
Thur 3/26/2009		20 miles		
Fri 3/27/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 200 S 60 sec rest between 600 yds CD: 200 easy 200 yds total 1100 yds			
Sat 3/28/2009			3.5 mile run / walk	
Sun 3/29/2009		30 miles		

Week 5 Notes: Begin to incorporate "speed work" into your training. This helps your muscles gain memory as to how it will feel on race day. It also helps you develop the much needed speed.

Date	Swim	Bike	Run	Training Phase
W6				
WU: Warm Up; S=Freestyle Swim; K=Kick Board; P=Pull Buoy MAIN: Main Workout CD: Cool Down		RECOVERY WEEK		Phase 1
Mon 3/30/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 100 S 15 sec rest between 300 yds CD: 100 easy 100 yds total 700 yds		2.5 miles - try and run entire distance without walking	
Tue 3/31/2009		10 miles		
Wed 4/1/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 100 S 15 sec rest between 300 yds CD: 100 easy 100 yds total 700 yds		6 x 400 (1 lap) on track - 30 sec rest between sets 5 k race pace	
Thur 4/2/2009		15 miles		
Fri 4/3/2009	WU: 100 easy + 200 Drills 300 yds Main: 12 x 50 S 30 sec rest between 600 yds CD: 150 easy 150 yds total 1050 yds			
Sat 4/4/2009			3.5 miles - try and run entire distance without walking	
Sun 4/5/2009		20 miles		

Week 6 Notes: Recovery week, time to back off on training a little to let the body recover. Begin to incorporate "speed work" into your training. This helps your muscles gain memory as to how it will

Date	Swim	Bike	Run	Training Phase
W7				
Mon 4/6/2009	WU: 200 easy + 200 Drills 400 yds Main: 4 x 100 S 30 sec rest between 400 yds CD: 150 easy 150 yds total 850 yds		3 miles	Phase 2
Tue 4/7/2009		15 miles		
Wed 4/8/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 400 S 400 yds CD: 150 easy 150 yds total 850 yds	50 min spin		
Thur 4/9/2009			2 miles	
Fri 4/10/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 500 S 500 yds CD: 200 easy 200 yds total 1100 yds			
Sat 4/11/2009			4 miles	
Sun 4/12/2009		30 miles		

Week 7 Notes: Entering Phase 2, the endurance phase. In this phase, the goal is to build the endurance you will need to finish the race. The efforts don't need to be all out, but do need to be

Date	Swim	Bike	Run	Training Phase
W8				
Mon 4/13/2009	WU: 200 easy + 200 Drills 400 yds Main: 4 x 100 S 30 sec rest between 400 yds CD: 150 easy 150 yds total 950 yds		3 miles	Phase 2
Tue 4/14/2009		15 miles		
Wed 4/15/2009	WU: 200 easy + 200 Drills 400 yds Main: 12 x 50 S 30 sec rest between 600 yds CD: 150 easy 150 yds total 1150 yds	50 min spin		
Thur 4/16/2009			2 miles	
Fri 4/17/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 sets: 1 x 100 S 20 sec rest, 2 x 50 K 15 sec CD: 150 easy 150 yds total 1050 yds			
Sat 4/18/2009			4 miles	
Sun 4/19/2009		35 miles		

Week 8 Notes: Distances are still increasing which means training times are increasing. It is critical to find time to get these in, even if you have to ride or run indoors.



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Date		Swim	Bike	Run	Training Phase
W9					
Mon	4/20/2009	WU: 200 easy + 200 Drills 400 yds Main: 4 x 100 S 30 sec rest between 400 yds CD: 150 easy 150 yds total 950 yds		3 miles	Phase 2
Tue	4/21/2009		20 miles		
Wed	4/22/2009	WU: 200 easy + 200 Drills 400 yds Main: 3 x 200 S 60 sec rest between 600 yds CD: 200 easy 200 yds total 1200 yds		7 x 400 @ 5k pace	
Thur	4/23/2009		25 miles		
Fri	4/24/2009	WU: 200 easy + 200 Drills 400 yds Main: 300 S + 4 x 100 Stroke drills 700 yds CD: 250 easy 250 yds total 1350 yds			
Sat	4/25/2009			5k run - sign up for a race if available	
Sun	4/26/2009		35 miles		

Week 9 Notes: Speed work is creeping back into the workouts. If possible find a local 5k race to run, otherwise, run a 5k with a group or someone who is slightly faster to simulate race conditions.

Date		Swim	Bike	Run	Training Phase
W10					
		WU: Warm Up; S=Freestyle Swim; K=Kick Board; P=Pull Buoy MAIN: Main Workout CD: Cool Down	Recovery Week		
Mon	4/27/2009	WU: 100 easy + 200 Drills 300 yds Main: 3 x 100 S 15 sec rest between 300 yds CD: 100 easy 100 yds total 700 yds		3 miles	Phase 2
Tue	4/28/2009		15 miles		
Wed	4/29/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 400 S 400 yds CD: 200 easy 200 yds total 1000 yds		7 x 400 @ 5k pace	
Thur	4/30/2009		20 miles		
Fri	5/1/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 600 S 600 yds CD: 200 easy 200 yds total 1200 yds			
Sat	5/2/2009			4 miles	
Sun	5/3/2009		30 miles		

Week 10 Notes: Another recovery week. You will notice the distances back off a little, but not as much. Paces are much lighter to help your body recover.

Date		Swim	Bike	Run	Training Phase
W11					
Mon	5/4/2009	WU: 200 easy + 200 Drills 400 yds Main: 12 x 50 S 600 yds CD: 150 easy 150 yds total 1150 yds		3 miles	Phase 3
Tue	5/5/2009		20 miles		
Wed	5/6/2009	WU: 200 easy + 200 Drills 400 yds Main: 3 x 200 S 60 sec rest between 600 yds CD: 200 easy 200 yds total 1200 yds		50 min spin	
Thur	5/7/2009			2 miles	
Fri	5/8/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 400 S & 4 x 100 stroke drills 800 yds CD: 250 easy 250 yds total 1350 yds			
Sat	5/9/2009	WU: 200 easy + 200 Drills 400 yds Main: 4 x 100 S 30 sec rest between 400 yds CD: 150 easy 150 yds total 950 yds		4.5 miles	
Sun	5/10/2009		40 miles		

Week 11 Notes: Begin phase 3, which is a combination of endurance and speed work. We will also introduce "bricks" where you do back-to-back training segments to simulate race conditions. This

Date		Swim	Bike	Run	Training Phase
W12					
Mon	5/11/2009	WU: 200 easy + 200 Drills 400 yds Main: 3 x 200 S 60 sec rest between 600 yds CD: 200 easy 200 yds total 1200 yds		3 miles	Phase 3
Tue	5/12/2009		25 miles		
Wed	5/13/2009	WU: 200 easy + 200 Drills 400 yds Main: 3x: 1 x 100 S 20 sec rest & 2 x 50 K 15 sec CD: 250 easy 250 yds total 1250 yds		50 min	
Thur	5/14/2009			5 miles	
Fri	5/15/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 500 Swim & 3 x 100 stroke 800 yds CD: 250 easy 250 yds total 1350 yds			
Sat	5/16/2009		45 min bike	20 min run within 5 minutes of off bike - race simulation or "brick"	
Sun	5/17/2009		40 miles		

Week 12 Notes: Wednesday swim is speedwork and Saturday is your first brick. Itg is best to do this outside where you can have your running shoes ready to jump into as soon as you finish the 45



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Date	Swim	Bike	Run	Training Phase
W13				
Mon 5/18/2009	WU: 200 easy + 200 Drills 400 yds Main: 4x: 1 x 100 S 20 sec rest & 2 x 50 K 15 sec 250 easy 250 yds total 1450 yds	CD:	3 miles	Phase 3
Tue 5/19/2009			25 miles	
Wed 5/20/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 600 S & 2x100 drill 800 yds 150 easy 150 yds total 1250 yds	CD:	8 x 400 5k pace	
Thur 5/21/2009			30 miles	
Fri 5/22/2009	WU: 100 easy + 200 Drills 300 yds Main: 4 x 200 S 20 sec btwn 800 yds 200 easy 200 yds total 1300 yds	CD:		
Sat 5/23/2009			50 min	
Sun 5/24/2009			30 min within 5 min after bike - race simulation "Brick"	
Sun 5/24/2009		50 miles	30 min brisk walk for recovery	

Week 13 Notes: Speed work on Monday & Wednesday and another brick on Saturday. These sessions are key components of your overall training.

Date	Swim	Bike	Run	Training Phase
W14				
WU: Warm Up; S=Freestyle Swim; K=Kick Board; P=Pull Buoy MAIN: Main Workout CD: Cool Down		Recovery Week		Phase 3
Mon 5/25/2009	WU: 100 easy + 200 Drills 300 yds Main: 12 x 50 S 30 sec btwn 600 yds 200 easy 200 yds total 1100 yds	CD:	3 miles	
Tue 5/26/2009			15 miles	
Wed 5/27/2009	WU: 100 easy + 200 Drills 300 yds Main: 5 x 200 S 60 sec between 1000 yds 200 easy 200 yds total 1500 yds	CD:	8 x 400 5k pace	
Thur 5/28/2009			20 miles	
Fri 5/29/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 750 S 750 yds 200 easy 200 yds total 1250 yds	CD:	20 miles	
Sat 5/30/2009	WU: 100 easy + 200 Drills 300 yds Main: 5 x 200 S 1000 yds 150 easy 150 yds total 1450 yds	CD:	5 miles	
Sun 5/31/2009	Open Water Swim 10 min - Bring a Buddy		30 miles	

Week 14 Notes: Recovery Week - Try and get to the lake on Sunday to get used swimming in open water. Always have someone swim with you!

Date	Swim	Bike	Run	Training Phase
W15				
Mon 6/1/2009	WU: 200 easy + 200 Drills 400 yds Main: 4x: 1 x 100 S 20 sec rest & 2 x 50 K 15 sec 250 easy 250 yds total 1450 yds	CD:	3 miles @ 5k race pace	Quality Phase
Tue 6/2/2009			25 miles	
Wed 6/3/2009	WU: 200 easy + 200 Drills 400 yds Main: 3 x 200 S 60 sec rest between 600 yds 200 easy 200 yds total 1200 yds	CD:	60 min spin	
Thur 6/4/2009			2 miles	
Fri 6/5/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 800 S & 4 x 100 stroke drills 1200 yds 250 easy 250 yds total 1850 yds	CD:		
Sat 6/6/2009	WU: 200 easy + 200 Drills 400 yds Main: 4 x 100 S 30 sec rest between 400 yds 150 easy 150 yds total 950 yds	CD:	6 miles	
Sun 6/7/2009	Open Water Swim - 15 minutes easy		40 miles	

Week 15 Notes: Start of the Quality or Race Phase. Another open water swim on Sunday, easy swim with a buddy or 2. Try and "sight" every 3rd stroke, this is critical in the race to find your way

Date	Swim	Bike	Run	Training Phase
W16				
Mon 6/8/2009	WU: 200 easy + 200 Drills 400 yds Main: 4x: 1 x 100 S 20 sec rest & 2 x 50 K 15 sec 250 easy 250 yds total 1450 yds	CD:	3 miles	Quality Phase
Tue 6/9/2009			25 miles	
Wed 6/10/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 1250 1250 yds 250 easy 250 yds total 1900 yds	CD:	60 min	
Thur 6/11/2009			2 miles	
Fri 6/12/2009	WU: 100 easy + 200 Drills 300 yds Main: 14 x 50 S 15 sec & 4 x 100, 20 sec 1100 yds CD: 200 easy 200 yds total 1500 yds			
Sat 6/13/2009			60 min	
Sun 6/14/2009	Open Water Swim - 20 minutes easy		5.5 miles within 5 minutes of bike - race simulation "Brick"	
Sun 6/14/2009		40 miles - after swim		

Week 16 Notes: Note the longer swims and another brick on Saturday. Sunday is another open water swim try and do this first then hop on the bike for 40 miles.



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Date	Swim	Bike	Run	Training Phase
W17	WU: Warm Up; S=Freestyle Swim; K=Kick Board; P=Pull Buoy MAIN: Main Workout CD: Cool Down		Begin Taper	Quality Phase
Mon 6/15/2009	WU: 200 easy + 200 Drills 400 yds Main: 1 x 600 S 600 yds CD: 200 easy 200 yds total 1200 yds		3 miles	
Tue 6/16/2009		25 miles		
Wed 6/17/2009	WU: 100 easy + 200 Drills 300 yds Main: 1 x 800 S & 2x100 drill 1000 yds CD: 150 easy 150 yds total 1450 yds		45 min tempo run	
Thur 6/18/2009		25 miles		
Fri 6/19/2009	WU: 100 easy + 200 Drills 300 yds Main: 4 x 200 S 20 sec btwn 800 yds CD: 200 easy 200 yds total 1300 yds			
Sat 6/20/2009			5.5 miles	
Sun 6/21/2009	Open Water Swim - 25 minutes easy	30 miles - after swim		

Week 17 Notes: Distances start to go backwards in preparation for the race. These efforts should be at or near your race pace.

W18		Race Week - Taper		Quality Phase
Mon 6/22/2009	WU: 200 S 200 yds Main: 4 x 200 S 60 sec btwn 500 yds CD: 200 easy 200 yds total 900 yds		3 miles	
Tue 6/23/2009		20 miles		
Wed 6/24/2009	WU: 200 S, 200 yds Main: 1x 400 S 400 yds CD: 200 easy 200 yds total 800 yds		45 min tempo run	
Thur 6/25/2009		15 miles easy		
Fri 6/26/2009	REST DAY			
Sat 6/27/2009	10 min race pace - preferably in open water	10 min race pace after swim	10 min fast after run	
Sun 6/28/2009	Race Day			

Week 18 Notes: Race week also known as the "Taper". The training is dialed back considerably, but try and keep the strong efforts. Sat is very fast and very short start with the swim (open water if



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