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12 Week Beginner's Triathlon Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day off	Swim- 20' MS- 4x50y Run- 15' zone 1-2	Bike- 30' zone 1-2 Core- 15'	Swim- 20' MS- 200y straight Run- 15' zone 1-2	Day off	Bike- 45' zone 1-2	Run- 20' zone 1-2
Week 2	Day off	Swim- 30' MS- 6x50y Run- 15' zone 1-2	Bike- 30' zone 1-2 Core- 15'	Swim- 20' MS- 250y straight Run- 15' zone 1-2	Day off	Bike- 1:00h zone 1-2	Run- 20' zone 1-2
Week 3	Day off	Swim- 25' MS- 4x100y Run- 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 300y straight Run- 20' zone 1-2	Day off	Bike- 1:15h zone 1-2	Run- 25' zone 1-2
Week 4 Recovery week	Day off	Run- 15' zone 1-2	Bike- 30' zone 1-2	Swim- 20' MS- 4x100y	Day off	Bike- 50' zone 1-2	Run- 20' zone 1-2
Week 5	Day off	Swim- 20' MS- 4x100y Run- 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 2x200y straight Run- 20' zone 1-2	Strength	Bike- 1:30h zone 1-2	Run- 30' zone 1-2
Week 6	Day off	Swim- 30' MS- 4x150y Run- 25' zone 1-2	Bike- 1:00h zone 1-2 Core- 15'	Swim- 25' MS- 2x250y straight Run- 20' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run- 35' zone 1-2
Week 7	Day off	Swim- 30' MS- 5x150y Run- 30' zone 1-2	Bike- 1:05h zone 1-2 Core- 15'	Swim- 25' MS- 2x300y straight Run- 20' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run- 40' zone 1-2
Week 8 Recovery week	Day off	Swim- 20' MS- 6x100y Run- 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 2x200y straight Run- 20' zone 1-2	Day off	Bike- 1:15h zone 1-2	Run- 30' zone 1-2
Week 9	Day off	Swim- 40' MS- 6x150y Run- 30' zone 1-2	Bike- 1h zone including 10' @ zone 3-4 Core- 15'	Swim- 30' MS- 6x50y fast Run- 30' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run- 45' zone 1-2
Week 10	Day off	Swim- 40' MS- 5x200y Run- 30' zone 1-2	Bike- 1h zone including 15' @ zone 3-4 Core- 15'	Swim- 30' MS- 8x50y fast Zone 1-2	Strength	Bike- 2:30h zone 1-2	Run- 50' zone 1-2
Week 11	Day off	Swim- 40' MS- 5x250y Run- 40' zone 1-2	Bike- 1:15h including 2x10' @ zone 3-4 Core- 15'	Swim- 30' MS- 6x50y, 6x25y fast Run- 30' zone 1-2	Strength	Bike- 2:30h zone 1-2	Run- 60' zone 1-2
Week 12 Recovery week	Day off	Run- 30' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 45' MS- 5x250y	Day off	Bike- 1:30h zone 1-2	Run- 45' zone 1-2



TRAINING PLAN KEY

**Easy ride/run**  
Ride or run the designated duration at a steady, comfortable pace.

**Endurance ride/run/swim**  
Ride, run or swim the designated duration at a steady, moderate pace.

**Interval ride/run**  
Perform the designated number of intervals at the

highest intensity level you can sustain through the end of the last interval without bonking. Recover after each interval with easy spinning or jogging for a duration equal to twice that of the hard interval. Warm up with at least 10 minutes of easy riding or running and cool down long enough to reach the designated total workout duration.

**Interval swim**  
Swim the designated number of intervals in the main set (MS) at the highest speed you can sustain through the end

of the last interval without bonking. Rest on the wall for 10 seconds after 25- to 75-metre intervals, rest 15 seconds after 100- to 200-metre intervals, and rest 20 seconds after intervals longer than 200 metres. Apportion the remainder of the prescribed total workout distance to warm-up and cool-down metres and to drill, kick and pull sets.

**Swim time trial**  
Swim the designated time-trial distance as though it were a race. Apportion the remainder

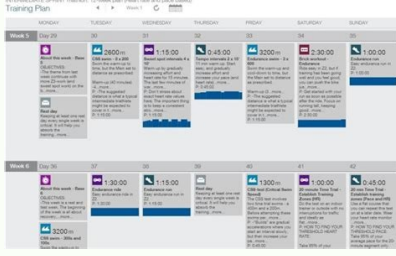
of the designated total workout distance to a warm-up and a cool-down.

**Tempo ride/run**  
Ride or run the first part of the total duration at a comfortable pace. Ride or run the last part at an effort level that feels challenging yet still relatively comfortable.

**Transition run**  
Immediately after you complete the prescribed bike workout, put on your running shoes and run the designated duration at a comfortable pace.

	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	<b>Interval Bike:</b> 40 min, w/ 6 x 20 sec. sprints <b>Interval Swims:</b> MS: 8 x 25m (1,000m total)	<b>Easy Run:</b> 5 miles <b>Easy Bike:</b> 40 min.	<b>Interval Swims:</b> MS: 4 x 100m (1,000m total) <b>Easy Bike:</b> 40 min.	<b>Interval Run:</b> 40 min, w/ 6 x 20 sec. relaxed sprints	<b>Endurance Bike:</b> 25 miles	<b>Endurance Run:</b> 6 miles <b>Endurance Swim:</b> 1,000m
WEEK 2	<b>Interval Bike:</b> 40 min, w/ 8 x 20 sec. sprints <b>Interval Swims:</b> MS: 10 x 25m (1,000m total)	<b>Easy Run:</b> 5 miles <b>Easy Bike:</b> 45 min.	<b>Interval Swims:</b> MS: 5 x 100m (1,000m total) <b>Easy Bike:</b> 45 min.	<b>Interval Run:</b> 40 min, w/ 8 x 20 sec. relaxed sprints	<b>Endurance Bike:</b> 30 miles	<b>Endurance Run:</b> 7 miles <b>Endurance Swim:</b> 1,250m
WEEK 3	<b>Interval Bike:</b> 40 min, w/ 10 x 20 sec. sprints <b>Interval Swims:</b> MS: 12 x 25m (1,200m total)	<b>Easy Run:</b> 5 miles <b>Easy Bike:</b> 45 min.	<b>Interval Swims:</b> MS: 6 x 100m (1,200m total) <b>Easy Bike:</b> 45 min.	<b>Interval Run:</b> 45 min, w/ 8 x 20 sec. relaxed sprints	<b>Endurance Bike:</b> 35 miles	<b>Endurance Run:</b> 8 miles <b>Endurance Swim:</b> 1,500m
WEEK 4 Recovery	<b>Interval Bike:</b> 40 min, w/ 6 x 20 sec. sprints <b>Interval Swims:</b> MS: 10 x 25m (1,200m total)	<b>Easy Run:</b> 5 miles <b>Easy Bike:</b> 45 min.	<b>Interval Swims:</b> MS: 5 x 100m (1,200m total) <b>Easy Bike:</b> 45 min.	<b>Interval Run:</b> 40 min, w/ 6 x 20 sec. relaxed sprints	<b>Endurance Bike:</b> 30 miles	<b>Endurance Run:</b> 6 miles <b>Endurance Swim:</b> 1,200m
WEEK 5	<b>Tempo Bike:</b> 45 min, w/ last 15 min. comfortably hard <b>Interval Swims:</b> MS: 10 x 50m (1,500m total)	<b>Easy Run:</b> 5.5 miles <b>Easy Bike:</b> 45 min.	<b>Interval Swims:</b> MS: 4 x 150m (1,500m total) <b>Easy Bike:</b> 45 min.	<b>Interval Run:</b> 40 min, w/ 6 x 1 min. fast	<b>Endurance Bike:</b> 40 miles	<b>Endurance Run:</b> 9 miles <b>Endurance Swim:</b> 1,700m
WEEK 6	<b>Interval Bike:</b> 45 min, w/ 8 x 1 min. fast uphill <b>Interval Swims:</b> MS: 8 x 50m, 8 x 25m (1,600m total)	<b>Easy Run:</b> 6 miles <b>Easy Bike:</b> 45 min.	<b>Interval Swims:</b> MS: 4 x 200m (1,600m total) <b>Easy Bike:</b> 45 min.	<b>Tempo Run:</b> 45 min, w/ last 15 min. comfortably hard	<b>Endurance Bike:</b> 45 miles	<b>Endurance Run:</b> 10 miles <b>Swim Time Trial:</b> MS: 800m time trial (1,600m total)

Note: Mondays are rest days.



# Olympic Triathlon Training Plan

{free + beginner friendly!}



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athletes can be applied to distance training longer to gain speed and resistant. Our coaches prepare training programs for sprinters and hurdlers, as well as separate programs for half and long distance runners, in our staff practices. For our Current iCurrent, consult our events staff. One of the coaches said that today I need that because I don't I can see myself lift. This type of information is easily reached with Sprint 1080 and helps create a better understanding of the athlete's performance characteristics. In addition, check the Sprinter Guide by Aaron Thiippen for Dynamic Exercises and Exercises, as well as Training and Running Tips for Sprint Events. Using the precise trailer and force speed configurations, coaches can apply the most benamed speeding fan. But repetitive sprinting at or near the upper speed requires highly demanding acceleration that quickly causes fatigue. Rest 5th €<sup>2</sup> Between 15th €<sup>2</sup> at the end 2 x 400 meter: 75%. 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Disclaimer: Athletes view and use the above workouts at their own risk, and these sample programs are provided for entertainment purposes only. 1080 Sprint is able to provide a variable resistance over the course of a sprint. This is a different beast. We hope the workouts below gives you some insight as to what we do on our practices. When the athlete pushes off, the resistance can be set to a high level. The program for sprinters typically consists of warm-up, accelerations/power development and speed workouts. This sets me apart from the competition in a decisive way. It measures power, force, speed and acceleration with high accuracy. A ATo increase the possibility for training at max or near max velocity, the 1080 Sprint can assist the athlete in getting there without full exertion in the acceleration phase. studio 24 at App Store Velocity based training stands and falls with the suitable profile of an athlete to an exercise. Nobody is the same and so the profiles in Vmaxpro are individual for each athlete and each exercise. Our progress over the last year has been tremendous. Works without subscription Available for iOS & Android Peer reviewed accuracy & reliability The Vmaxpro Sensor has been developed in close cooperation with scientific institutions from the very beginning and has been continuously validated since then. How quickly does your running back cover 5 yards? In order to maintain good mechanics, we do track drills to develop efficient running form. This enables coaches to detect even the slightest differences in left and right side force and power. The 1080 Sprint reporting options include the possibility to trim and dissect a sprint profile into meaningful pieces of information. As you gain speed the resistance can be programmed to decrease to fit the max speed phase and to not cause technical degradation in the stride. Let our autoregulative algorithms do the math for you. How Vmaxpro works Make the right choices. The data will reveal the detailed characteristics of each acceleration and deceleration phase of the movement far beyond what you can gauge from pure timing information.À À 1080 Sprint enables testing of the athlete for asymmetry throughout the full sport specific movement. Maximum possible towing speed 14 m/s (31 mph).À À Overspeed versus Assisted Speed Any coach will agree that to get fast you have to train fast. DoneAAAAt rely on your gut feeling. Does the left and right leg stride produce equal amount of force? 100m Warm up: 1 mile in and outs (100M sprint; 100M walk) each lap faster; last lap 200M sprint STRETCHES Drills 2 X 300 Meter: 70% on 200M; 80% last 100M/ rest 15cAAA 2 X 100 Meter: 75%; rest 30cAAA 4 X 40 Meter: Quick; rest 20cAAA 400m Warm up: 1 mile in and outs (100M sprint; 100M walk) each lap faster; last lap 200M sprint STRETCHES Drills 2 X 500 Meter: 70% on 400M; 80% last 100M/ rest 5cAAA between 15cAAA at end 2 X 200 Meter: 75%; rest 30cAAA 4 X 40 Meter: Quick; rest 20cAAA 800m Warm up: 1 mile in and outs (100M sprint; 100M walk) each lap faster; last lap 200M sprint STRETCHES Drills 2 X 1000 Meter: 70% on 800M; 80% last 200M. ItcAAAs astonishing how much training information can be gained from such a small device. Which players fatigue quicker over repetitive movements and which ones have higher power endurance? Let the perfection of your lifts begin! Alex Nielsen at App VmaxPro's performance diagnosis communicating a new professionalism to my clients. Kevin Speer of developing athletes are not moms and two days are equal. Please note that these are training a little custom for those who have been training with us. As a weightlifting coach I recommend it, it is not just for the great motivation that gives it, but the way you can learn how your lifts look and. The 1RM of an athlete in an exercise may vary at © 18% over a mother. This usually means that fixed training plans overload you one day and subload it in the next. It uses intelligent variance resistant technology to provide a very smooth and controlled resistance. Large asymmetries can be harmful to performance and lead to injuries over time. Thank you VmaxPro Team. With VMAXPRO you always train with ideal focus on your training goals and prompt DIARY. Kevin Kuske being 4 times champion £ olímpic vmaxpro is easily the best training tool I have already tried. Vmaxpro records the promotion of our athletes in each repetition and automatically reacts with their suggestions. San Francisco Track and Field Club does not claim any responsibility for the consequences of personal decisions of private individuals to exercise. Follow the drills to develop efficient enforcement form above training requires a healthy execution mechanical. @Yorksrength17 On Twitter as a small and thin Ginà €, we have recently often confused about how to make training more efficient or how to make training success visible. With this sensor we find a reasonably precarious tool, but also extremely trustworthy to evaluate the force and the performance of our customers. I need what you or your athletes are able to perform and adapt the intensity of the immediately. Vmaxpro analyzes with precision for all the training, automatically recommends loads to use based on the prompt delivery and provides detailed detailed movement

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