

60 Day Basic Training Guide: Sprint Triathlon

This 60 day training plan will help you complete your first triathlon. This plan assumes that you can already swim, bike and run. The plan focuses on helping you build a base in each discipline so you can be ready for race day.

Goal: 750m Swim / 12 mile Bike / 5k Run

Goal: 30 minute Swim / 60 minute Bike / 30 minute Run

PLEASE READ THIS BEFORE YOU START THIS PLAN!

These are general guidelines to follow to complete a multisport event. Each athlete is unique and an alternative training plan might be required. Please consult a physician or medical professional before starting any training plan. Before you start this plan you must be healthy enough for physical exercise. We strongly encourage all athletes to consult a physician and get a complete physical before starting any training plan. Before you start this plan you must be able to swim and have access to a pool or other safe place designated for swimming. Before you start this plan you must have access to a bike & helmet or stationary bike, and have a safe place in which to use this equipment. Before you start this plan you must have running shoes and have a safe place in which to run.

Tips to Maximize Your Training

- We recommend working out a minimum of every other day. On the opposite days there are optional workouts you may try. Additionally we require at least one day of no training each week. You will notice this day is marked off.
- Workouts should be adjusted to your unique circumstances and abilities. If the workouts are too hard, then either reduce the time/distance or the intensity/speed. If the workouts are too easy, then increase the time/distance or the training intensity/speed.
- One way to increase intensity is to add a Fartlek, which is a technique that alternates a hard/fast effort with an easier/relaxed effort. An example would be to go harder/faster for 60 seconds and then go easier/relaxed for 30 seconds. It is recommended that your rest intervals should be about ½ of your harder interval.
- Alternative easier & harder days for increased muscle recovery or use swimming workouts on days after a hard bike or run
- Add strength training to your training to improve performance. It is recommended to consult a fitness professional to design a strength training program to meet your training and racing goals. We recommend arms on run and bike days and legs on swim days. Additionally, you can lift instead of optional workouts and we recommend lifting a 2-3 days a week.
- Train with a group, hire a coach and/or take classes at your gym; this may help motivate your training.
- Try combining multiple workouts like swim then bike, bike then run OR swim, bike & then run
- More Training Tips & Resources can be found at <http://www.zoomracingusa.com/training>

60 Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
W1	Day 1 Run/Walk 15-20 min or 1-2 miles	Day 2 Optional Swim (same as Day 5)	Day 3 Bike 20-30min or Spin class	Day 4 Optional Bike (same as Day 3)	Day 5 Swim 100-200m or 10-15 min	Day 6 OFF	Day 7 Run/Walk 15-20 min or 1-2 miles
W2	Day 8 Optional Run (Same as Day 7)	Day 9 Bike 20-30min or Spin class	Day 10 Optional Swim (same as Day 5)	Day 11 Swim 100-200m or 10-15 min	Day 12 OFF	Day 13 Run/Walk 15-20 min or 1-2 miles	Day 14 Optional Bike (same as Day 9)
W3	Day 15 Bike 20-30min or Spin class	Day 16 Optional Run (Same as Day 13)	Day 17 Swim 200-400m or 15-20 min	Day 18 OFF	Day 19 Run/Walk 15-20 min or 1-2 miles	Day 20 Optional Swim (same as Day 17)	Day 21 Bike 20-30min or Spin class
W4	Day 22 Optional Bike (same	Day 23 Swim 200-400m	Day 24 OFF	Day 25 Run/Walk 15-20 min or	Day 26 Optional Run (Same	Day 27 Bike 8-10 miles	Day 28 Optional Swim (same

	as Day 21)	or 15-20 min		1-2 miles	as Day 25)	30-45min or Spin class	as Day 23)
W5	Day 29 Swim 400-600m or 20-25 min	Day 30 OFF	Day 31 Run/Walk 20-30 min or 2-3 miles	Day 32 Optional Bike (same as Day 27)	Day 33 Bike 8-10 miles 30-45min or Spin class	Day 34 Optional Run (Same as Day 31)	Day 35 Swim 400-600m or 20-25 min
W6	Day 36 OFF	Day 37 Run/Walk 20-30 min or 2-3 miles	Day 38 Optional Swim (Same as Day 13)	Day 39 Bike 8-10 miles 30-45min or Spin class	Day 40 Optional Bike (same as Day 39)	Day 41 Swim 400-600m or 20-25 min	Day 42 OFF
W7	Day 43 Run/Walk 20-30 min or 2-3 miles	Day 44 Optional Run (Same as Day 43)	Day 45 Bike 12-15 miles, 45-60min or Spin class	Day 46 Optional Swim (Same as Day 13)	Day 47 Swim 600-800m or 20-30 min	Day 48 OFF	Day 49 Run/Walk 25-40 min or 3-4 miles
W8	Day 50 Optional Bike (same as Day 45)	Day 51 Bike 12-15 miles, 45-60min or Spin class	Day 52 Optional Run (Same as Day 49)	Day 53 Swim 600-800m or 20-30 min	Day 54 OFF	Day 55 Run/Walk 25-40 min or 3-4 miles	Day 56 Optional Swim (Same as Day 13)
W9 Taper for your race, meaning go easier this week	Day 57 OFF	Day 58 Bike 8-10 miles 30-45min or Spin class	Day 59 Run/Walk 15-20 min or 1-2 miles	Day 60 Swim 400-600m or 20-25 min	Celebrate, READY TO RACE!!!	Want to do more? Repeat weeks until race day or increase your distance as needed...	Want to get faster? Add Fartleks & increase time or distance...

Disclaimer: Zoom Multisport Racing and Trimble Triathlon acknowledge that training for and/or participating in cycling, swimming, running, triathlons, duathlons, and/or any other endurance sporting event is an extreme test of my physical and mental limits that poses potential risks of property damage, serious bodily injury, and even death. Zoom Multisport Racing nor Trimble Triathlon are not responsible for any injuries or health conditions that may result from advice, opinions, and programs represented in this website. The information in this website reflects only the opinion of the Zoom Multisport Racing and Trimble Triathlon and is in no way to be considered medical advice. Consult with a licensed health care provider before you begin any training program, race, or make any other change in lifestyle.