



8 Weeks to Your First Triathlon

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Are you ready to do your first triathlon, but unsure of how to train for it? Think it will take you all year to get ready? Think again! In just eight weeks you could be toeing the line for your first race.

There are very few things you need in order to participate in this plan. They are:

1. A pair of running shoes
2. A bicycle & helmet
3. A swimsuit and access to a body of water
4. The ability to swim at least a few laps (if you're starting as a non-swimmer, you'll need to go get some good swim instruction before beginning this plan)
5. A notebook to record your workouts and times
6. A watch, preferably water-proof
7. Good health: as always, it's a good idea to check with your doctor before beginning any plan of exercise, especially if it's new to you.

That's it! The workouts in this plan can be done in any order, though I think it's a good idea not to do the same exercise back to back, especially running. So try to alternate activities as much as possible.

A shortened, take-with-you version of the plan is included at the end, but here's the version with all of the explanations:

8 Weeks to Your First Triathlon

WEEK 1

DAY 1: *BIKE: 6 miles*



If you're like many people, you may need to dust off your wheels first! Air up your tires, check your brakes, and make sure your helmet is adjusted properly. If you need to know how far 6 miles is, use MapMyBike.com and map out a route for yourself. Ride 6 miles at a comfortable pace. If you're unused to riding this far, you may feel some "saddle discomfort", or as we triathletes like to call it "bike butt".

This too shall pass.

DAY 2: *SWIM: 5 x 100 yards*

10 Minute warmup, then:

Today we're going to do a Timed 100 yards (or meters). In most lap pools, that's four lengths of the pool. In some larger 50 meter pools, it will be two lengths, and in some shorter health club pools, it will be five lengths. If you're unsure, ask your lifeguard how long your lap pool is.

Look at the clock (most lap pools will have a pacing clock) or your watch. Swim 100 yards (or meters) at your medium pace (something you think you could sustain for a longer distance).

Look at the clock when you're done. This is your pace per 100 yards.

Now we're going to swim a set of four more 100 yards/meters. We write this in a swim workout like this: 4 x 100

After each 100, rest exactly 60 seconds. Keep track of your pace for each 100 and see if they get slower or faster. Write down your paces when you're done.

Cool down with 10 minutes of easy swimming. You're done!

DAY 3: RUN 2 x 800 Meters



Run or run/walk 10 minutes at an easy pace. I like to stop here and do some joint rotations to warm up my knees, hips, and ankles.

Now we're going to run two half miles with a minute rest in between. You can do these at a track, if you have access to a local school track, or you can use MapMyRun.com to map out a little half mile course for yourself in your neighborhood.

Run half a mile (800 meters or twice around a track). Rest one minute. Run another half a mile (800 meters).

Cool down with a 10 minute run/walk, and that's it. If you want to keep track of your pace as you progress, write down how long each 800 meter (half mile) took you. If you need to walk, don't worry. Just keep moving and you'll be fine. Remember, there's no rule against walking in a triathlon, and many athletes do it.

DAY 4: BIKE 6 Miles

Same as Day 1 of biking.

DAY 5: SWIM 2 x 150 + 2 x 100

10 minute warm up

Swim 150 yards/meters (6 lengths of most pools) at your medium pace. Rest :60 seconds. Swim another 150, rest 60 seconds.

We write this as: 2 x 150, r: 60

Then swim 100 yards/meters (4 lengths), rest :45 seconds, swim 100 meters, rest :45 seconds

We write this as 2 x 100, r: 45

10 minute cool down.

DAY 6: RUN 1 Mile

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: 1 mile, or 4 laps at a track. Do your best, you may need to walk in the middle of it but that's

okay!

Cool down with 10 minutes of running/walking

DAY 7: *REST*

Do not underestimate the importance of REST! Taking a day off every week is crucial to your training as the swimming, biking, and running.

That's it. You are now one week closer to your goal!

WEEK 2

DAY 1: *BIKE 6 Miles*

Same as last week, we're going to start building on that later this week

DAY 2: *SWIM 2 x 150 + 3 x 100*

Same as last week's 2nd workout, except we're throwing in one more 100:

10 minute warm up

2 x 150, rest :60

3 x 100, rest :45

10 minute cool down.

DAY 3: *RUN 2 x 800 Meters + 1 x 400 Meters*

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: 800 Meters or ½ mile, rest :60 seconds, Run 800 Meters or ½ mile, rest :60 seconds, Run 400 Meters or ¼ mile, rest :60 seconds

Cool down with 10 minutes of running/walking

DAY 4: *SWIM 2 x 200 + 2 x 100*

10 minute warm up

2 x 200 (8 lengths of a 25 yard pool), rest :60

2 x 100, rest :45

10 minute cool down.

DAY 5: *BIKE 7 Miles*

Hopefully any soreness in the core, legs, and “biker butt” is abating and we can start extending those rides.

DAY 6: *One mile Timed Run*

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: One mile (4 laps of a track or use MapMyRun.com). Time this mile with a watch, even if you have to walk part of it. It's good to know how long it takes you to complete! You can be amazed later when it takes you so much less time.

Cool down with 10 minutes of running/walking

DAY 7: *REST*

WEEK 3

DAY 1: *BIKE 7 Miles*

DAY 2: *SWIM 6 x 100*

10 minute warm up

100 Timed Swim (4 lengths of a 25 yard pool) at your medium (distance) pace

5 x 100, rest :60 seconds. Try to hold the same pace per 100 as your first one

10 minute cool down.

DAY 3: *RUN 3 x 800 Meters + 1 x 400 Meters*

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: 800 Meters or ½ mile, rest :60 seconds, Run 800 Meters or ½ mile, rest :60 seconds, Run 800 Meters or ½ mile, rest :60 seconds

Cool down with 10 minutes of running/walking

DAY 4: *SWIM 2 x (200 + 50 Breaststroke) + 2 x 100*

10 minute warm up

Today we're going to add in some breaststroke to our workout. Breaststroke is a great stroke to use for sighting in an open water (lake) swim because you can easily keep your head above water.

200, rest :60

50 breaststroke, rest :30

200, rest :60

50 breaststroke, rest :30

2 x 100, rest :30

2 x 100, rest :45

10 minute cool down.

DAY 5: *BIKE 8 Miles*

DAY 6: *2 x 1200 Meters*

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: 1200 Meters (3 laps of a track, or ¾ mile), rest :90 seconds

Run 1200 Meters, rest 90 seconds

Cool down with 10 minutes of running/walking

DAY 7: *REST*

WEEK 4

DAY 1: BIKE 9 Miles

DAY 2: 10 Minute Timed Swim

10 minute warm up

Use your watch or the pool clock to time yourself for a 10 minute swim. Count the number of laps you swim in 10 minutes. Write this down in your workout log.

10 minute cool down.

DAY 3: RUN One Mile Timed, plus 2 x 800

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: One mile (1600 meters or 4 laps at a track), time your mile with a watch, rest 2 minutes

Then run 800 meters (1/2 mile), rest :60 seconds

Run 800 meters, rest :60 seconds

Cool down with 10 minutes of running/walking

DAY 4: SWIM 300 + 2 x 150 + 2 x 100

10 minute warm up

Swim 300 (12 lengths of a 25 yard pool), rest 2 minutes

2 x 150, rest :60

2 x 100, rest :45

10 minute cool down.



DAY 5: BRICK!

BRICK stands for “Bike, Run, ICK! Now you’ll find out why.

Hint: Your legs feel funny when you run after biking.

Set up a “transition area” at your house, garage, a track, or even in the back of your car or van, where you have your running gear handy.

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Warm up with 10 minutes of running or run/walk, do joint rotations, then:

Bike 6 miles

Transition to your running gear and lock up or stow your bike

Run 1.5 miles

Cool down with 10 minutes of running/walking

DAY 6 & 7: REST

WEEK 5

DAY 1: BIKE 10 Miles

DAY 2: 2 x (300 + 50 Breaststroke) + 2 x 100

10 Minute Warmup

300, rest :60

50 breaststroke, rest :30

300, rest :60

50 breaststroke, rest :30

2 x 100, rest :30

10 minute cool down.

DAY 3: RUN 2 x 1 Mile

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: One mile (1600 meters or 4 laps at a track), time your mile with a watch, rest 90 seconds

Then run 1 mile at the same pace, rest 90 seconds

Cool down with 10 minutes of running/walking

DAY 4: SWIM 8 x 100

10 minute warm up

Swim 100 and time it with your watch or the pool clock

Swim 7 x 100, rest :60
10 minute cool down.

DAY 5: Mini BRICK Transition Practice



Set up a “transition area” at your house, garage, a track, or even in the back of your car or van, where you have your running gear handy. This needs to be someplace where you can secure your bike and you can keep coming back to. This is when you start dialing in your choices of gear: what shorts will you wear, what shirt? What goes on easy and feels comfortable?

Warm up with 10 minutes of running or run/walk, do joint rotations, then:

Bike 3 miles

Transition to your running gear and lock up or stow your bike

Run 1 miles

Bike 3 miles

Run 1 mile

Bike 3 miles

Run 1 mile

Cool down with 10 minutes of running/walking

DAY 6 & 7: REST

WEEK 6

DAY 1: *BIKE 11 Miles*

DAY 2: *SWIM 2 x 400*

10 Minute warmup

Swim 400 (16 lengths of a 25 yard or meter pool), rest 2 minutes

Swim 400, rest 2 minutes

10 minute cool down.

DAY 3: *RUN 6 x 800 Meters*

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: Repeat 6 times:

800 Meters (2 laps around a track or ½ mile), rest :60

Cool down with 10 minutes of running/walking

DAY 4: *Bike 12.5 Miles*

This is it, the race distance. After today, you KNOW you can do the bike course!

DAY 5: *SWIM 9 x 100*

10 minute warm up

Swim 100 at your medium (distance) pace and time it with your watch or the pool clock

Swim 8 x 100, rest :60

10 minute cool down.

DAY 6: *Run 3 x 1 mile*

Warm up with 10 minutes of running or run/walk, do joint rotations

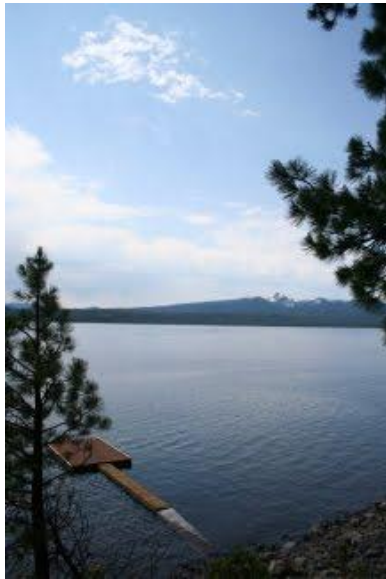
Run 1 mile, rest :60

Run 1 mile, rest :60

Run 1 mile, rest :60

Cool down with 10 minutes of running/walking

DAY 7: *REST*



WEEK 7

DAY 1: SWIM – Open Water 15 minute swim

If at all possible, get in a body of water similar to what you'll be doing on race day. If your race is in a pool, don't bother with this, just do a 15 minute timed swim and count your laps.

If your race is in a lake, find a lake of similar temperature and wear what you'll be wearing on race day.

Bring a waterproof watch and swim for 15 minutes timed.

DAY 2: Bike 11 Miles with Sprints

If you feel up to it, throw in some "telephone pole" sprints in the middle. Ride hard until you pass 3 telephone poles, then ride easy for 5 telephone poles, repeat three times.

DAY 3: RUN 3 miles

Warm up with 10 minutes of running or run/walk, do joint rotations

Run: 3 miles

Cool down with 10 minutes of running/walking

This is it, the race distance. After today, you KNOW you can do the run course!

DAY 4: Swim 600 + 2 x 200

10 minute warm up

Swim 600 (24 lengths of a 25 yard or meter pool) at your distance pace, rest 3 minutes

Swim 200, rest :60

Swim 200, rest :60

10 minute cool down.

You've done more than the race distance, now you KNOW you can do the swim!

DAY 5: BRICK

Set up a transition area where you can safely leave your bike

Warm up with 10 minutes of running or run/walk, do joint rotations

Bike 5 miles

Transition to running
Run 1.5 mile
Bike 5 miles
Run 1.5 mile
10 minute cool down.

DAY 6 & 7: REST

WEEK 8 - TAPER



DAY 1: SWIM – Open Water 20 minute swim

Set up a transition area and practice transitioning out of your swim gear and into your biking gear.

DAY 2: Bike 9 Miles

DAY 3: RUN 2 x 1 Mile

Warm up with 10 minutes of running or run/walk, do joint rotations
Run 1 mile, rest :60
Run 1 mile, rest :60
Cool down with 10 minutes of running/walking

DAY 4: Swim 500

10 minute warm up
Swim 500 (20 lengths of a 25 yard or meter pool) at your distance pace
10 minute cool down.

DAY 5: BRICK

Set up a transition area where you can safely leave your bike
Warm up with 10 minutes of running or run/walk, do joint rotations
Bike 2 miles

Transition to running

Run ½ mile

Bike 2 miles

Run ½ mile

10 minute cool down.

DAY 6 REST

DAY 7 RACE DAY

Celebrate Your Accomplishment!!!