OLYMPIC TRIATHLON 12 Week Plan

Legend

WU = Warm Up

CD = Cool Down

Rest / Strength = Listen to your body and rest if feeling worn down or you need a break. If you are feeling good and rested, add in a strength workout.

		1st Week	2nd Week	3rd Week	4th Week	
	MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength	
-	TUE	Swim 40 minute easy swim, taking breaks as needed	Swim 40 minute easy swim, taking breaks as needed	Swim 40 minute easy swim, taking breaks as needed	Swim 10 minute WU, swim 4x 200 at a medium-hard effort with 1 minute recovery between sets, CD 5 minutes easy	
	WED	Bike Easy 60 minute bike ride	Bike Easy 60 minute bike ride	Bike Easy 60 minute bike ride	Rest / Strength	
	THU	Run WU 10 minutes (brisk walk), easy 30 minute run, 5 minute CD	Run WU 10 minutes (easy jog), easy 40 minute run, 5 minute CD	Run WU 10 minutes (easy jog), easy 45 minute run, 5 minute CD	Bike WU 10 minutes easy spinning, 60 minutes easy effort, 5 minute CD	
	FRI	Swim 40 minute easy swim, taking breaks as needed	Swim 40 minute easy swim, taking breaks as needed	Swim 40 minute easy swim, taking breaks as needed	Rest / Strength	
	SAT	Bike WU 10 minutes (easy spinning), 60 minute medium effort, 5 minute cool down	Bike WU 10 minutes (easy spinning), 60 minute medium effort, 5 minute cool down	Bike WU 10 minutes (easy spinning), 60 minute medium effort, 5 minute cool down	Run WU 10 minutes (brisk walk), 60 minutes easy to medium effort, 5 minute CD	
	SUN	Run WU 10 minutes (brisk walk), 40 minute easy run	Run WU 10 minutes (brisk walk), 50 minute easy run	Run WU 10 minutes (brisk walk), 50 minute easy run	Rest / Strength	



Cal Tri Events & California Triathlon <u>www.c</u>aliforniatriathlon.org

This training program provided is intended for general information and educational purposes only. It is not intended to provide medical advice or replace consultation with a qualified healthcare professional. Before starting any new exercise or training program, it is important to consult with a physician or other qualified healthcare professional to ensure that the program is appropriate for you and that you are in good health. If you experience any pain or discomfort while performing the exercises, or if you have any concerns about your health, please stop the program immediately and consult with a healthcare professional.

OLYMPIC TRIATHLON 12 Week Plan

Example Strength Exercises: Deadlifts - Dual & Single Leg Squats - Dual & Single Leg Lunges Pushups Step-ups / Box Jumps Hip Bridges Dumbbell Rows Calf Raises Planks, Russian Twists, Leg Raises

	5th Week	6th Week	7th Week	8th Week	
MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength	
TUE	Swim WU 10 min., swim 4x 250 at a medium effort with 1 min. recovery between sets, CD 5 min. easy	Swim WU 10 mins., swim 4x 250 at a medium effort with 1 min. recovery between sets, CD 5 mins. easy	Swim WU 10 mins., swim 4x 250 at a medium effort with 1 min. recovery between sets, CD 5 mins. easy	Swim WU 10 minutes, 30 minutes steady race effort, 10 minute easy swim, CD 5 minutes	
WED	Bike Easy 70 minute bike ride	Bike Easy 70 minute bike ride	Bike Easy 70 minute bike ride	Rest / Strength	
THU	Run WU 10 minutes (easy jog), 45 minute easy run with 10 min hard in the middle, 5 minute CD	Run WU 10 minutes (easy jog), 45 minute easy run, 5 minute CD	Run WU 10 minutes (easy jog), 45 minute easy run with 10 min hard in the middle, 5 minute CD	Run WU 10 minutes (easy jog), 45 minute easy run, 5 minute CD	
FRI	Swim WU 10 minutes, 4x25 sprints, 30 minutes easy swim, CD 5 minutes	Swim WU 10 minutes, 5x25 sprints, 35 minutes easy swim, CD 5 minutes	Swim WU 10 minutes, 6x25 sprints, 40 minutes easy swim, CD 5 minutes	Rest / Strength	
SAT	Bike WU 10 minutes (easy spinning), 100 minute medium effort, 5 minute cool down	Bike WU 10 minutes (easy spinning), 120 minute medium effort, 5 minute cool down	Bike WU 10 mins. (easy), 140 mins. medium with 10 mins. in the middle at hard effort, 5 mins. CD	Bike WU 10 minutes (easy spinning), 180 minutes sustained medium effort, 10 minutes CD	
SUN	Run WU 10 minutes (easy jog), 60 minute easy run, 5 minute CD	Run WU 10 minutes (easy jog), 70 minute easy run, 5 minute CD	Run WU 10 minutes (easy jog), 80 minute easy run, 5 minute CD	Rest / Strength	

Cal Tri Events & California Triathlon www.californiatriathlon.org

This training program provided is intended for general information and educational purposes only. It is not intended to provide medical advice or replace consultation with a qualified healthcare professional. Before starting any new exercise or training program, it is important to consult with a physician or other qualified healthcare professional to ensure that the program is appropriate for you and that you are in good health. If you experience any pain or discomfort while performing the exercises, or if you have any concerns about your health, please stop the program immediately and consult with a healthcare profession the exercises.

OLYMPIC TRIATHLON 12 Week Plan

Brick Workouts

A brick workout in triathlon is a training session that combines two different disciplines, typically cycling and running, back-to-back. The purpose is to simulate and practice the transition between disciplines.

For each brick workout, 1) wear and use the gear you plan to use on race day, 2) lay out your gear for the 2nd discipline before starting the 1st discipline and 3) after completing the 1st discipline transition to the 2nd as fast as possible.

		9th Week	10th Week	11th Week	12th Week	
	MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength	
-	TUE	Swim WU 10 minutes, 4x 300 medium effort with 1 minute recovery between sets, CD 5 minutes	Swim WU 10 minutes, 4x 350 medium effort with 1 minute recovery between sets, CD 5 minutes	Swim WU 10 minutes, 4x 300 easy/medium effort with 1 minute recovery between sets, CD 5 minutes	Run 10 minute WU (walk or slow jog), 15 minute easy run, 5 minute CD	
	WED	Bike Easy 70 minute bike ride	Bike Easy 60 minute bike ride	Bike Medium effort 45 minute bike ride	Bike 45 minute easy spinning	
	THU	Run WU 10 minutes (brisk jog), easy 50 minute run, 5 minute CD	Run WU 10 minutes (brisk jog), easy 50 minute run with 10 minutes hard in the middle, 5 minute CD	Run WU 10 minutes (easy jog), easy 40 minute run, 5 minute CD	Swim WU 5 minutes, 4x 200 at easy effort with 1 minute recovery between sets, 5 minute CD	
	FRI	Swim WU 10 minutes, 4x50 sprints, 35 minutes easy swim, CD 5 minutes	Swim WU 10 minutes, 4x50 sprints, 35 minutes easy swim, CD 5 minutes	Swim WU 10 minutes, 5x25 sprints, 35 minutes easy swim, CD 5 minutes	Off	
	SAT	Brick Bike 10 mins. easy , 150 mins. moderated, 5 mins. CD. Immediately transition to running 10 minutes easy	Brick Bike 10 mins. easy , 160 mins. moderated, 10 mins. CD. Immediately transition to running 10 minutes easy	Brick Bike 10 mins. easy , 120 mins. moderated, 5 mins. CD. Immediately transition to running 10 minutes easy	Brick Easy 10 minute swim, easy 30 minute bike, easy 15 minute run (not back to back)	
	SUN	Run WU 10 minutes (brisk walk), 30 minute easy run	Run WU 10 minutes (brisk walk), 40 minute easy run	Run WU 10 minutes (brisk walk), 30 minute easy run	RACEIIIII	

Cal Tri Events & California Triathlon www.californiatriathlon.org

This training program provided is intended for general information and educational purposes only. It is not intended to provide medical advice or replace consultation with a qualified healthcare professional. Before starting any new exercise or training program, it is important to consult with a physician or other qualified healthcare professional to ensure that the program is appropriate for you and that you are in good health. If you experience any pain or discomfort while performing the exercises, or if you have any concerns about your health, please stop the program immediately and consult with a healthcare professional while performing the exercises, or if you have any concerns about your health, please stop the program immediately and consult with a healthcare professional model.