

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



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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



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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	RACE!!!!

