

## IF THIS IS YOUR “FIRST” TRIATHLON – THIS IS FOR YOU!

And REMEMBER: if you concerned as to your health and ability to take on either of these triathlon distances.....PLEASE consult your physician.....really!!!!

500 meter swim  
14 mile bike  
3 mile run

### WEEK 10:

This is a GET ACQUAINTED time for you....

While the people doing the Olympic Distance will be into a training schedule at this time....YOU will be organizing your TIME, and EQUIPMENT this week, so that you are ready to begin your training with a PLAN already to activate.

MONDAY – will be your WORK day – at that job you probably have

TUESDAY – Swim – usually.....so today locate the pool you will be swimming in.....Is it 25 meters long, or 25 yards (shorter distance)? Is it convenient to your home??? How long to get there, as that factors into the time spent. Check your equipment for training here.....swim cap, goggles, suit etc....do you need ear plugs? If you don't have everything now, GO GET IT...be ready

WEDNESDAY – usually a morning Run, with an afternoon or after work Run.....SO, today, get in your car and from your home or close to it, drive out a 3 or 3.5 mile run route.....then a 15 mile, bike ride. An out and back course is easier (meaning you start and end at the same place).

THURSDAY – this is usually a rest day.....but today – check that bike over, and those running shoes.....A trip to the bike shop for a professional once over is recommended – also, checking your bike gear and needs.....helmet?? sunglasses??? Running shoes still fairly new???? Will you wear bike shoes, or running ones for the bike portion??? Decide??

FRIDAY - just relax, finish work up for the week....as we will begin actual training over the weekend.

SATURDAY - the weekend is where you will do the most training – as most people do not work weekends, or have more time. This day will usually be a combination of two or all three of the disciplines...swim, bike and run. TODAY, however.....just get comfortable with that bike course you have mapped out, and Bike on it about 20 min.....then sometime during the day, go out for a nice 15 – 20 min. walk over part of your Run course. Think about the next few weeks, and how you will MAKE time to work this simple training schedule to prepare for you first triathlon, or strive to do better (than the last sprint you did), with this upcoming SPRINT TRIATHLON.

WEEK 9 - note: each morning, be sure and stretch out.....

MONDAY – nothing – you've started your program, you have your bike checked out, gear checked out or purchased....so just to work.

TUESDAY - Swim 4 X 25 yds. (or meters, depending on the pool)..  
Just get use to the water....stopping at each end, if you are not a good swimmer and catching your breath.....This swim is to get use to the water, comfortable...or we call it “feel the water.”

WEDNESDAY - Jog 15 min. in the a.m. – Bike 20 min. in the p.m.

THURSDAY - rest day

FRIDAY - rest day

SATURDAY - BRICK work-out – which is 2 of the disciplines right after the other. Bike 20 min., Run 15 min.

SUNDAY - Bike 30 min.

WEEK 8 –

MONDAY - nothing – work day

TUESDAY - Swim 200 yds.....stop if you need to, get comfortable

WEDNESDAY - Jog 20 min. in the a.m. – Bike 20 min. in the p.m.

THURSDAY - rest day

FRIDAY - full Run, no stopping for 15 min. then Walk 10 min.

SATURDAY - BRICK work-out – Bike 20 min., Run 15

SUNDAY - Swim 4 X 100’s (as before), catch your breath, then add another 200 yd. or meter Swim, easy.....total will be 300 for the day.

WEEK 7 –

MONDAY - nothing – work day

TUESDAY - Swim 250 yds.....straight, no stopping

WEDNESDAY - Run 25mn. in the a.m. – Bike 25 min. in the p.m.

THURSDAY - rest day

FRIDAY - Swim, easy 200 – start watching quality of food, sleep, drinking.. Supplies, equipment needed that you don’t have, make a list and get.

SATURDAY - BRICK work-out – Bike 25 min. , Run 20

SUNDAY - Bike 30 min. easy

WEEK 6 –

MONDAY - nothing – work day

TUESDAY - Swim 300 yds.....easy

WEDNESDAY – Run 20 min. in the a.m. – Bike 30 min. in the p.m.

THURSDAY - rest day

FRIDAY - Swim 2 X 100 (2 laps = 4 lengths = 100) time them, and try to have the second set of 100 be LESS time than the first.....called a negative split.

Set your transition swim change to bike, next to the pool and Pretend you are transitioning.....means, dry feet off, have sunglasses, helmet, bike shoes or running shoes out, along with sunscreen, water, energy bar, whatever you will need on the bike, ready to go.....Do this inbetween the 2 sets of 100.....

SATURDAY - BRICK work-out – Bike 30 min., Run 20

SUNDAY - Bike 40 min. ....and stop for a Starbucks

WEEK 5 –

MONDAY – nothing – work day  
 TUESDAY - Swim – 400 yds.  
 WEDNESDAY - Run 25min. in the a.m. – Bike 30 min. in the p.m.  
 THURSDAY - rest  
 FRIDAY - Swim 15 min. set transition up as if going onto bike  
 SATURDAY - BRICK with transition. Bike 40 min. and Run 20  
 SUNDAY - Bike 50 min. easy and get a Starbucks

WEEK 4 –

MONDAY - nothing – work day  
 TUESDAY - Swim – 450 yds. should be swimming continuously  
 WEDNESDAY - Run 25 min. in the a.m. – Bike 35 min. in the p.m.  
 THURSDAY - rest  
 FRIDAY - Walk/Jog 30 min.  
 SATURDAY - BRICK with transition set-up. Bike 40 mi. Run 30  
 SUNDAY - Bike one hour

WEEK 3 –

MONDAY - nothing – work day  
 TUESDAY - Swim – 500 yds  
 WEDNESDAY – Run 35min. in the a.m. – Bike 40 in the p.m.  
 THURSDAY - rest  
 FRIDAY - Walk/Jog 35 min.  
 SATURDAY - BRICK with transition set-up...all three – Swim 15 min.  
 Bike 20 min. and Run 15 min.  
 SUNDAY - Bike 50 min. easy

WEEK 2 –

MONDAY - nothing – work day  
 TUESDAY - Swim – 600 yds., easy  
 WEDNESDAY - Run 30 min. in the a.m. – Bike one hour in the p.m.  
 THURSDAY - rest  
 FRIDAY - Swim – 400 yd. continuously  
 SATURDAY - BRICK with transition set-up – Swim 15 min., Bike 40  
 min. and Run 15 min.....  
 SUNDAY - Bike and easy 1 ¼ hrs. with a stop for a Starbucks

WEEK 1 – EASY WEEK – eating good quality food and beverages – plus good sleep

MONDAY - getting stuff out that will be needed for race day, and just  
 Lining it up in the order you will need it.....and subtract to the piles during the week  
 (example: SWIM PILE – goggles, suit, swim cap (if needed), whatever will cover you  
 getting to and from the event, thongs or shoes before and after event (stickers in the  
 grass)....BIKE PILE: bike shoes, helmet, race number and belt, sunglasses, sunscreen (if  
 needed), plastic water bottles, energy bars etc.)....RUN PILE: running shoes (if different  
 from bike), hat, socks, shorts (if different), singlet (if different) etc..

TUESDAY - Swim 400 yds. or meters in the pool you use

WEDNESDAY - Run 15 min. in the a.m. and Bike 30 min. in the p.m.

THURSDAY - rest (if you live locally, drive out to the lake and check the race course out – bike route especially) – check gear you have and bag to take it in, checking bike over mechanically.

FRIDAY - short spin on the bike.....try all gears.....Walk/Jog a little and VISUALIZE your finish – your goal – your accomplishment!

SATURDAY - REGISTRATION AND TRIATHLON CLINICS...BOTH  
A MUST!!!!

CHECK TIMES OF CLINICS AT HOTEL AND LAKE

SUNDAY - RACE DAY...GET THERE EARLY....less stress

I AM EXCITED FOR YOU.....PAM GALBRAITH