


Susan Bradley-Cox Tri for Sight Triathlon/Duathlon Presented by Swim Bike Run of Kentucky: Duathlon Training Program

Week 5	Mon 7/12	Tues 7/13	Wed 7/14	Thurs 7/15	Friday 7/16	Sat 7/17	Sunday 7/18
<p><b>Notes:</b> <b>Base/Build Week</b></p> <p>-First full week of adding in intensity to your training</p> <p>-We are adding in a brick workouts to help with the transition from bike to run</p>	<b>Rest Day</b>	<p><b>Run:</b> <b>35 Minutes</b></p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Bike:</b> <b>60 Minutes</b></p> <p>Warm-up for 30 minutes, then do 5 minutes tempo pace, followed by 5 minutes aerobic and repeat this a total of 4 times, then finish with a 10 minute aerobic pace ride</p>	<p><b>Run/Bike Brick</b></p> <p><b>Run:</b> <b>15 Minutes</b> Aerobic pace</p> <p><b>Bike:</b> <b>45 minutes</b> Aerobic pace</p>	<p><b>Cross Train</b> <b>45 Minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p>	<p><b>Run:</b> <b>35 Minutes</b></p> <p>Aerobic pace</p>	<p><b>Brick Workout:</b> (done back to back)</p> <p><b>Bike:</b> <b>60 Minutes</b> (aerobic pace)</p> <p><b>Run:</b> <b>10 Minutes</b> (aerobic pace)</p>
Week 6	Mon 7/19	Tues 7/20	Wed 7/21	Thurs 7/22	Friday 7/23	Sat 7/24	Sunday 7/25
<p><b>Notes:</b> <b>Base/Build Week</b></p> <p>-Second full week of adding intensity to your training plan</p> <p>-Continue to do a brick workout</p>	<b>Rest Day</b>	<p><b>Run:</b> <b>40 Minutes</b></p> <p><i>(*suggested run: Negative split – second 20 minutes is faster than the first 20 minutes</i></p>	<p><b>Run/Bike Brick</b></p> <p><b>Run:</b> <b>10 minutes</b> (easy aerobic run)</p> <p><b>Bike:</b> <b>70 Minutes</b></p> <p>Warm-up for 30 minutes, then do 5 minutes tempo pace, followed by 5 minutes aerobic and repeat this a total of 4 times, then finish with a 10 minute aerobic pace ride</p>	<p><b>Run:</b> <b>40 Minutes</b></p> <p>Aerobic pace run</p>	<p><b>Cross Train:</b> <b>45 Minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p>	<p><b>Brick Workout</b></p> <p><b>Bike:</b> <b>60 Minutes</b> <i>Aerobic pace bike, except bike up to tempo pace for last 10 minutes</i></p> <p><b>Run:</b> <b>15 minutes</b> <i>First 5 minutes should be tempo pace, last 10 min aerobic pace</i></p>	<p><b>Run:</b> <b>40 Minutes</b></p> <p><i>Aerobic run today, especially since this is at the end of harder week of training!</i></p>
Week 7	Mon 7/26	Tues 7/27	Wed 7/28	Thurs 7/29	Friday 7/30	Sat 7/31	Sunday 8/1
<p><b>Notes:</b> <b>Recovery Week</b></p> <p>-Start thinking about what you are going to wear in the triathlon</p> <p>-If you are going to use clip less pedals, now would be the time to start using them if you have not already</p>	<b>Rest Day</b>	<p><b>Run:</b> <b>30 Minutes</b></p> <p>Easy aerobic pace</p>	<p><b>Bike:</b> <b>75 Minutes</b></p> <p><i>Aerobic Pace</i></p>	<p><b>Run:</b> <b>30 Minutes</b></p> <p><i>(aerobic pace run)</i></p>	<p><b>Cross Train:</b> <b>30 Minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p>	<p><b>Brick workout:</b></p> <p><b>Bike:</b> <b>75 Minutes</b> <i>Aerobic Pace</i></p> <p><b>Run:</b> <b>10 Minutes</b> (an easy short aerobic run after the bike)</p>	<p><b>Run:</b> <b>25 Minutes</b></p> <p><i>(aerobic pace run)</i></p>

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Week 8	Mon 8/2	Tues 8/3	Wed 8/4	Thurs 8/5	Friday 8/6	Sat 8/7	Sunday 8/8
<p><b>Notes:</b></p> <p><b>Base/Build Week</b></p> <p>-If you have not signed up for the race yet, now would be a good time!</p> <p>-should feel a recovered after last week!</p>	<b>Rest Day</b>	<p><b>Run:</b> <b>40 Minutes</b></p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Run/Bike Brick</b></p> <p><b>Run:</b> <b>10 Minutes</b> (aerobic run)</p> <p><b>Bike:</b> <b>80 Minutes</b> <i>30 minutes aerobic pace, then 30 minutes tempo pace, then finish with 10 minutes back to aerobic pace</i></p>	<p><b>Run:</b> <b>40 Minutes</b></p> <p><b>Aerobic pace</b></p>	<p><b>Cross Train</b> <b>45 Minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p> <p><i>Easy day please!</i></p>	<p><b>Brick Workout:</b></p> <p><b>Bike:</b> <b>60 Minutes</b></p> <p><b>Run:</b> <b>20 Minutes</b></p> <p><i>Aerobic ride with the last 10 minutes at tempo pace, and the first 10 minutes of the run should be tempo, and the last 10 are aerobic</i></p>	<p><b>Run:</b> <b>30 Minutes</b></p> <p><b>(easy recovery run)</b></p>
Week 9	Mon 8/9	Tues 8/10	Wed 8/11	Thurs 8/12	Friday 8/13	Sat 8/14	Sunday 8/15
<p><b>Notes:</b></p> <p><b>Base/Build Week</b></p> <p><b>(probably the hardest week of the program)</b></p>	<b>Rest Day</b>	<p><b>Run</b> <b>35 Minutes</b></p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Run/Bike Brick</b></p> <p><b>Run:</b> <b>15 Minutes</b> (aerobic run)</p> <p><b>Bike:</b> <b>80 Minutes</b> <i>30 minutes aerobic pace, 20 minute tempo pace, 10 minutes back to aerobic pace</i></p>	<p><b>Run:</b> <b>45 Minutes</b></p> <p><b>Aerobic run</b></p>	<p><b>Bike:</b> <b>90 Minutes</b></p> <p><i>(This is the longest bike of the program)</i></p> <p><b>Aerobic Bike</b></p>	<p><b>Cross Train</b> <b>20 minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p> <p><i>Easy day please!</i></p>	<p><b>Brick Workout:</b></p> <p><b>Run: 10 min</b></p> <p><b>Bike: 70 Minutes</b></p> <p><b>Run: 15 Minutes</b></p> <p><i>First run should be aerobic, then a Aerobic ride with the last 10 minutes at tempo pace, and the first 10 minutes of the second run should be tempo, and the last 10 are aerobic</i></p>
Week 10	Mon 8/16	Tues 8/17	Wed 8/18	Thurs 8/19	Friday 8/20	Sat 8/21	Sunday 8/22
<p><b>Notes:</b></p> <p><b>Recovery</b> (Race Prep towards the end of the week)</p>	<b>Rest Day</b>	<p><b>Run:</b> <b>30 Minutes</b></p> <p><b>Aerobic pace</b></p>	<p><b>Bike:</b> <b>90 Minutes</b></p> <p><b>(aerobic pace)</b></p>	<p><b>Run:</b> <b>45 Minutes</b></p> <p><b>Aerobic pace – not a hard run at all due to it being a recovery week</b></p>	<p><b>Cross train</b> <b>20 minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p> <p><i>Easy day please!</i></p>	<p><b>Brick Workout:</b></p> <p><b>Bike:</b> <b>80 Minutes</b> (aerobic pace)</p> <p><b>Run:</b> <b>10 Minutes</b> (an easy short aerobic run after the bike)</p>	<p><b>Run:</b> <b>30 Minutes</b></p> <p><b>Aerobic pace</b></p>

Week 11	Mon 8/23	Tues 8/24	Wed 8/25	Thurs 8/26	Friday 8/27	Sat 8/28	Sunday 8/29
<p><b>Notes:</b></p> <p><b>Race Prep Week</b></p> <p>-short burst of high intensity with longer rest!</p> <p>-Hope you are getting excited for race day!</p>	<p><b>Rest Day</b></p>	<p><b>Run: 40 Minutes</b></p> <p><i>Aerobic run with 5 x 2 minute race effort surges with at least 2 minutes rest between each surge. Start the workout with a 10 minute aerobic run before starting surges</i></p>	<p><b>Run/Bike Brick</b></p> <p><b>Run: 10 minutes</b> (Run is aerobic)</p> <p><b>Bike: 60 Minutes</b> 20 minute aerobic pace warm up, then 5 x 2 minutes tempo race, with 4 minutes of aerobic pace recovery between each tempo effort, then finish with 10 minutes back to aerobic pace</p>	<p><b>Run: 30 Minutes</b></p> <p>Aerobic run</p>	<p><b>Cross train 20 minutes</b></p> <p><i>Activity of your choice, could include walking, weight training, swimming, etc</i></p> <p><i>Easy day please!</i></p>	<p><b>Brick Workout:</b></p> <p><b>Bike: 60 Minutes</b></p> <p><b>Run: 15 Minutes</b></p> <p>Aerobic ride with the last 10 minutes at tempo pace, and the first 10 minutes of the run should be tempo, and the last 10 are aerobic</p>	<p><b>Rest Day</b></p>
Week 12	Mon 8/30	Tues 8/31	Wed 9/1	Thurs 9/2	Friday 9/3	Sat 9/4	Sunday 9/5
<p><b>Notes:</b></p> <p><b>Race Week!</b></p> <p>*Start Preparing for race day!</p> <p>-Don't wait until that last minute, make sure you have everything you need early in the week</p>	<p><b>Run: 20 Minutes</b></p> <p>Aerobic run with 6 x :30 second race effort surges, with at least 2 minutes recovery between each surge. Start the run with a 5 minute aerobic run before starting the surges</p>	<p><b>Bike: 30 Minutes</b></p> <p>(aerobic pace bike ride with 5 x :60 pace surges with at least 2 minutes between each hard surge, start bike with at least a 10 minute aerobic warm-up)</p>	<p><b>Run/Bike Brick</b></p> <p><b>Run: 10 Minutes</b> 5 minutes aerobic, 5 minutes tempo</p> <p><b>Bike: 20 Minutes</b> First 5 minutes of the bike are tempo, last 15 are aerobic</p>	<p><b>Run: 20 Minutes</b></p> <p>Aerobic pace</p>	<p><b>Rest Day!</b></p> <p>Start to pack your bags for the race on Sunday!</p>	<p><b>Short Brick</b></p> <p><b>Bike: 20 Minutes</b> (aerobic pace)</p> <p><b>Run: 10 minutes</b> (Do 3 x 30 second pick-ups)</p>	 <p><b>2 mile run</b> <b>18.4 Mile Bike</b> <b>4 Mile Run</b></p>

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## Training Notes and Sample Swim Workout on the following pages:

1. Please remember that this is just one training plan, and workouts that we have designed are suggested, and have been designed in order to prepare you for a sprint Triathlon. That being said please remember that if a workout is too hard or too easy for you, feel free to change if when needed.
2. **Aerobic pace** means easier pace, where your heart rate is somewhere around 55-75% of your max heart rate. On a scale of 1 to 10, with 10 being very, very hard, your pace should be about a 3/4. You will use the aerobic pace workouts on the bike and run to help build a small base before we start to increase. **Tempo pace** means slightly faster than aerobic pace, but not hard. Tempo pace is about a 6 on a scale of 1 to 10. Tempo pace is still aerobic in nature, just a slightly harder effort. A **Hard effort** (or race pace) workout would be considered a race pace effort, where the effort creates labored breathing and would be more like an 8 or 9 on a scale of 1 to 10, but not quite a 10. **Most beginners will only do aerobic and tempo pace, and not much hard effort. Tempo Pace will become a race pace effort for most beginners.**
3. **Brick Workout:** This means that the bike and run are done back to back with no rest between. If you are new that you are doing a brick workout, try to have your running clothes/shoes ready so that you can start running as soon as possible after you get off the bike. These brick workouts will be essential for your training leading up to the triathlon.
4. Cross train workouts can be your choice. This is where you could do a swimming workout, weight lifting, walking, etc. I will leave it up to you, but make sure that the cross train workouts are not hard! They are to give you a break from the running and biking!
5. **Negative split runs** are in the training workout to help you push through the last bit of your workout. This will help you mentally and physically at the end of the race when you are the most tired
6. Your **recovery weeks** are just as important as your training weeks, so make sure you follow the plan and do not do more training than you are supposed to. There is a reason your training is cut back on those weeks. There are two phases to the training: **Build and Race Prep**. You should be coming off of your base period and will be starting this program with build week. The build period is a two week block, one week recovery. Race Prep is exactly what it sounds like! Doing these workouts will prepare you for the big day!
7. When you do your bike and run training, please try to include terrain that is similar to your race terrain. So if you are doing a race this is hilly, please include some bikes that have some hills. Same will go for the run. And if you are competing in a race this is flat, it is just as important to find bikes and runs that are flat since racing flat can put repetitive strain on the same muscles over and over again. For the Tri for Sight, it would be wise to bike and run the course before hand so that you are prepared physically and mentally for the course. The bike course and run course both have a rolling terrain. So just make sure you do your research to find out what kind of terrain is at the race, and make sure you include some sort of terrain simulation in your training.
8. Remember this training plan is not individualized for every person training for a sprint distance race, so if you need to change something for scheduling reasons, don't worry! Just stick to the plan as much as you can. If you need extra days off or if you need to switch things around, no worries! If you need to make workouts shorter or longer, that is fine too! Have fun with your training!