


**Susan Bradley-Cox Tri For Sight Presented by Swim Bike Run of Kentucky: Beginner Triathlon Training Program 2010**

Week 1	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 workout to help with the transition from bike to run</p>	<b>Rest Day</b>	<p><b>Swim:</b> 35 Minutes</p> <p>(try to do at least 600 yards or meters without stopping at some point during the workout)</p>	<p><b>Bike:</b> 60 Minutes</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> 35 Minutes</p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Bike:</b> 60 Minutes</p> <p><i>Entire ride should be aerobic pace</i></p>	<p><b>Swim:</b> 35 Minutes</p> <p>(Main set: 4 x 150 swim with 20 seconds rest between each 150)</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 2	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>Swim:</b> 40 Minutes</p> <p>(try to do at least 700 yards or meters without stopping at some point during the workout)</p>	<p><b>Bike:</b> 70 Minutes</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> 40 Minutes</p> <p><i>*suggested run: Negative split – second 20 minutes is faster than the first 20 minutes</i></p>	<p><b>Swim:</b> 40 Minutes</p> <p><b>Suggested Main Set:</b> Swim: 50, 100, 150, 200, 200, 150, 100, 50 with 15 seconds rest between each: total of 1000 yards or meters</p>	<p><b>Brick Workout</b> <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> 40 Minutes</p> <p><i>Aerobic run today, especially since this is at the end of harder week of training!</i></p>
Week 3	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>Swim:</b> 30 Minutes</p> <p>(work on technique)</p>	<p><b>Bike:</b> 75 Minutes</p> <p><i>Aerobic Pace</i></p>	<p><b>Run:</b> 30 Minutes</p> <p><i>(aerobic pace run)</i></p>	<p><b>Swim:</b> 30 Minutes</p> <p>(work on technique)</p>	<p><b>Brick workout:</b> <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> 25 Minutes</p> <p><i>(aerobic pace run)</i></p>

Week 4	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>Swim: 45 Minutes</b></p> <p>(Main set is 2 x 400 swim with 30 seconds rest between each 400 and then 2 x 200 with 20 seconds rest between each</p>	<p><b>Bike: 80 Minutes</b></p> <p><i>30 minutes aerobic pace, then 30 minutes tempo pace, then finish with 10 minutes back to aerobic pace</i></p>	<p><b>Run: 40 Minutes</b></p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Swim: 45 Minutes</b></p> <p>(Main set 8 x 100 swim with 15 seconds between each 100, try to hold the same pace for each 100)</p>	<p><b>Brick Workout:</b></p> <p><b>Bike: 60 Minutes</b></p> <p><b>Run: 20 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>Run: 30 Minutes</b></p> <p><b>(easy recovery run)</b></p>
Week 5	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>	<b>Rest Day</b>	<p><b>Swim 45 Minutes</b></p> <p>(try to do at least 800 yards or meters without stopping at some point during the workout)</p>	<p><b>Bike: 80 Minutes</b></p> <p><i>30 minutes aerobic pace, 20 minute tempo pace, 10 minutes back to aerobic pace</i></p>	<p><b>Run: 35 Minutes</b></p> <p><i>*suggested run: 10 minutes warm-up, 20 minutes tempo, 5 minutes easy</i></p>	<p><b>Bike: 90 Minutes</b></p> <p>(This is the longest bike of the program)</p> <p>Aerobic Bike</p>	<p><b>Swim: 45 Minutes</b></p> <p>(Main set: 5 x 200 swim with 20 seconds rest between each 200)</p>	<p><b>Brick Workout:</b></p> <p><b>Bike: 70 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>
Week 6	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>Swim: 40 Minutes</b></p> <p>Work on Technique!</p>	<p><b>Bike: 80 Minutes</b></p> <p>(aerobic pace)</p>	<p><b>Run: 45 Minutes</b></p> <p>(this is your longest run of the program)</p> <p>Aerobic pace</p>	<p><b>Swim: 40 Minutes</b></p> <p>Main Set: Swim: 50, 100, 150, 200, 200, 150, 100, 50 with 20 seconds rest between each: total of 1000 yards or meters – does not have to be fast!</p>	<p><b>Brick Workout:</b></p> <p><b>Bike: 80 Minutes</b> (aerobic pace)</p> <p><b>Run: 10 Minutes</b> (an easy short aerobic run after the bike)</p>	<p><b>Run: 40 Minutes</b></p> <p>Aerobic pace</p>

Week 7	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>	<b>Rest Day</b>	<p><b>Swim:</b> 40 Minutes</p> <p>(Main set is 2 x 400 swim with 30 seconds rest between each 400)</p>	<p><b>Bike:</b> 60 Minutes</p> <p>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:</b> 30 Minutes</p> <p>(aerobic pace run with 4 x 60 second tempo effort surges with at least 2 minutes easy recovery between the surges, start the run with at least a 10 minute aerobic pace period)</p>	<p><b>Swim:</b> 35 Minutes</p> <p>(Main set 8 x 100 swim with 20 seconds between each 100, try to hold the same pace for each 100, should be at your race pace)</p>	<b>Brick Workout:</b>	<b>Rest Day</b>	
	<p><b>Bike:</b> <b>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>							
Week 8	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>Swim:</b> <b>30 Minutes</b></p> <p>(Main set 5 x 100 at race pace with 60 seconds rest between each)</p> <p>-The key is to keep the intensity high with longer rest, no more than 5 x 100 at race pace please!</p>	<p><b>Bike:</b> <b>30 Minutes</b></p> <p>(aerobic pace bike ride with 5 x :60 race pace surges with at least 2 minutes between each hard surge, start bike with at least a 10 minute aerobic warm-up)</p>	<p><i>Do not do back to back. Two separate workouts</i></p> <p><b>Swim:</b> <b>20 Minutes</b></p> <p>(Main set: 6 x 50 at race pace, with :30 rest after each)</p> <p><b>Run:</b> <b>15 Minutes</b></p> <p>Main set: 5 x :30 race pace surges, with 1 minute between each surge</p>	<p><b>Bike:</b> <b>30 Minutes</b></p> <p>Aerobic pace (Make sure everything on your bike is working correctly. If not, please take it by Pedal the Planet for a tune-up)</p>	<b>Rest Day!</b>	<p>Start to pack your bags for the race on Sunday!</p>	<p><b>Short Brick</b></p> <p><b>Bike:</b> <b>20 Minutes</b></p> <p><b>Run:</b> <b>10 minutes</b></p> <p>(Do 3 x 30 second pick-ups)</p>	 <p><b>800 Meter Swim</b> <b>18.4 Mile Bike</b> <b>4 Mile Run</b></p>

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Please see **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 know 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. During your swim workouts you should always practice your stroke technique, especially if you are a true beginner. Please see some sample swim workouts on the following page please.
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!

**Sample Swim Workouts:** (You can choose to do all of the workout or just bits and pieces of the workout based on your time)

1. Warm-up: 100 swim, 100 kick, 100 pull, 100 swim.

Drill set: 4 x 50 drill, rest :15 after each 50

Main set: 4 x 150 (100 easy/50 good effort), rest :20 after each 150. Then 6 x 50 (25 easy/25 build into a hard finish), rest :15 after each

Cool down set: 4 x 50 easy swim, rest :15 after each one

**Total Yards: 1700 yards**

2. Warm-up: 200 swim, 100 pull, 100 kick

Drill Set: 6 x 75 (drill/swim/drill by 25), rest :15 after each one

Main Set: 100, 200, 300, 200, 100, rest :15 after the 100's, :20 after the 200's and :30 after the 300

**Total yards: 1850 yards**

3. Warm up: 100 swim, 100 kick, 100 swim, 100 pull

Kick Set: 4 x 50, rest :15 after each one

Dril Set: 4 x 50 drill, rest :15 after each one

Main set: 2 x 200 swim, rest :20 after each one, followed by 4 x 100 swim, rest :15 after each one. The 200's should be comfortable and the 100's should be at a slightly faster pace

Cool down: 100 yard easy

**Total yards: 1700 yards**

4. Warm-up: 100 swim, 100 kick, 100 swim

Kick/drill Set: 4 x 100 (kick/drill by 50 yards)

Pull set: 2 x 200 yard pull, rest :20 after each 200

Swim Set: 8 x 50 swim, descend 1-4, and 5-8, so 1 and 5 will be the easiest effort and 4 and 8 will be the hardest effort, rest :15 after each

Cool down: 100 yard easy

**Total Yards: 1600 yards**

5. Warm-up: 200 swim, 100 kick, 200 swim

Drill set: 4 x 50 drill, rest :15 after each one

Main set: 400 up to 800 yard straight swim, good consistent pace

Cool down: 100 yard easy

**Total yards: 1200 – 1600 yards, based on your main set**

6. Warm-up: 150 swim, 150 kick, 150 pull

Kick set: 2 x 75 yard kick, rest :20 after each

Pull set: 5 x 100 yard pull, rest :15 after each

Main Set: 400 yard swim, good steady effort

Cool down: 100 easy

**Total yards: 1600 yards**

## Drills you can implement into your workout:

### Body Position Drills

1. **Kick on your side drill:** kick on your right side for six to ten count, then switch and kick on your left side for 6-10 counts, repeat
2. **6-1-6 Drill:** Kick on your side drill plus add in one arm pull in order to get to the other side for 6-10 kick, so basically you are kicking on your side for 6 to 10 kicks, doing one arm pull, then kicking 6-10 times on the other side, and just keep repeating
3. **6-3-6 drill.** Same as drill #2 but you do three arms pulls instead of one, so you start to do a bit more arm pulls during this drill
4. **6-3-6 with a finger tip drag:** So you are doing drill #3 but you add in the fingertip drag drill where instead of doing a regular arm pull, you do an arm pull while dragging your fingertips across the surface of the water
5. **Vertical Kicking Drill:** the best drill for finding and perfecting an efficient kick also it can help you learn to use your kick to initiate rotation. Kick normal freestyle (flutter) kick with your body in a vertical position. Keep your hands at your side, body erect, and experiment with making your kick large, small, fast, slow, bending knees, not bending knees, to find the most efficient way to keep your chin above the water. Once this is accomplished, you can practice rotating 90 degrees using your kick and core muscles to initiate the movement.

### Development of Power Drills

6. **Fist Drill:** This drill helps you keep a high elbow when you pull. Swim regular freestyle with a closed fist for a half-length, then open your hands and feel the increase in power. It is crucial to do the drill “dynamically” so the muscle memory retention is better. It is very important to make the connection of this drill to rotation, No fins on this drill
7. **Single Arm Drill:** This drill allows you to focus on the mechanics of pulling. Keep one arm extended out in front and use the other arm to stroke. After one length switch arms.
8. **Catch-Up Drill:** This is a method of swimming freestyle in which each arm completes one whole stroke cycle, coming to rest in the forward position, before the other arm begins its cycle. This drill is awesome for working on rotation, long strokes and the “pacing” of your stroke.
9. **Thumb Scrape Drill:** Use this drill if you have a weak back half of each stroke cycle. This drill helps with working on the finish of your pull. Scrape your thumb on your thigh as you finish your pull
10. **Fingertip Drag Drill:** This is a stroke drill in which the fingertips touch the surface of the water during the entry recovery phase in freestyle, dragging the fingertips on the surface of the water. This drill helps with relaxing your recovery and gaining a clean, smooth entry.