



TRIATHLON TRAINING
GOAL RACE: LONE STAR 70.3
1.2M SWIM/56M BIKE/13.1M RUN

Key Points

1. The focus of this next 8-weeks of the program is to get more comfortable with the distance and pace for your goal triathlon.
2. It's OK to move workouts around to suit your life/work schedule. One Simple Rule: while it's OK to put a swim workout on the same day as a bike or run, try to NOT have a long/hard bike on the same day as a long/hard run.
3. Group workouts are fine but don't turn them into races. Especially on the Saturday long runs and Sunday long rides, don't go to hard. These are meant to be performed at a relatively EASY intensity. When we get to the final 8 weeks we will begin to do more race simulation workouts.
4. We're assuming that most of you have done some training before starting this program. If, however, you've done NO intensity to this point, make sure you shorten the duration of the given intervals on Wednesday and/or decrease the intensity to give your body a chance to gradually adapt to this new stress. ***INTERMEDIATE GROUP**
5. Transition Runs: remember, the point of these is to become more efficient at getting your running legs under you after the bike, NOT intensity or distance (you will have specific days for that). Your sport is triathlon and by definition, triathletes get off the bike and run, don't make a big deal out of it.
6. As you get into the third and fourth week of the program, keep track of your training/over-training status. How's your resting heart rate, sleep quality, stress levels, muscle soreness, general mood, etc? If you start to get run down on a consistent basis (more than 3-5 days in a row), you really need to back off during the recovery weeks. You may need to do even less than what we've written. Remember to keep the focus on recovering and absorbing all of the work you've done during these recovery weeks.



Tri On The Run Fitness Center Triathlon Training Program

Albert Baquero Lonestar 70.3 Part 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 22 nd - February 28 th	Swim 1500 yd Easy w/ drills See below	Run 6 miles Easy pace	Run 4 miles Easy pace	Group Workout 6:30pm <u>Bike PM</u> Bike Workout (1hr) <u>Run</u> 4 miles (TR) Easy pace	OFF	Group Workout <u>Run</u> 10 miles Easy pace <u>Swim 9am</u> 35-45 min. Easy w/ drills @ Dads Club	Group Workout <u>Bike 8am</u> 30 miles easy with group Zone 2 Cadence 88-95 steady <u>Run</u> 2 miles (TR-transition run) Easy pace
March 1 st - March 7 th	Swim 1500 yd Easy w/ drills See below	Run 4 miles Easy pace	Run PM 6 miles as: 2 mile very easy 2 miles TT 100% 2 mile very easy Group TT 6:30pm at Memorial Park Track	<u>Bike PM</u> Bike Workout (1hr) <u>Run</u> 4 miles (TR) Easy pace	OFF Or <u>Swim - Optional</u> 1500 yd Your Choice *only if you have time and energy	<u>Run</u> 12 miles Easy pace <u>Swim 9am</u> 35-45 min. Easy w/ drills @ Dads Club Transition Clinic 11:30am w/ Jana @ Fitness Center	<u>Bike 8am</u> 40 miles easy with group Zone 2 Cadence 88-95 steady <u>Run</u> 2 miles (TR-transition run) Easy pace
March 8 th - March 14 th	Swim 2000 yd Easy w/ drills See below	Run 6 miles Easy pace	OFF	<u>Bike PM</u> Bike Workout (1hr) <u>Run</u> 3 miles (TR) Easy pace	OFF	<u>Run</u> 10 miles Easy pace <u>Swim 9am</u> 25-35 min. Easy w/ drills @ Dads Club	<u>Bike 8am</u> 40 miles easy with group Zone 2 Cadence 88-95 steady Daylight Savings Time Begins
March 15 th - March 21 st	Swim 2000 yd Easy w/ drills See below	Run 8 miles Easy pace	Run 4 miles Easy pace	<u>Bike PM</u> Bike Workout (1hr) <u>Run</u> 4 miles (TR) Easy pace	OFF Or <u>Swim - Optional</u> 1500 yd Your Choice *only if you have time and energy	<u>Run</u> 14 miles Easy pace <u>Swim 9am</u> Open Water Swim from 288 Lake 25-35 min. Easy	<u>Bike 8am</u> 45 miles easy with group Zone 2 Cadence 88-95 steady <u>Run</u> 3 miles (TR-transition run) Easy pace *Ride From Galveston - Lonestar Course

March 22nd - March 28th	<u>Swim</u> 2500 yd Easy w/ drills See below	<u>Run</u> 8 miles Easy pace	<u>Run</u> 4 miles Easy pace	<u>Bike PM</u> <u>Bike</u> <u>Workout</u> (1hr) <u>Run</u> 4 miles (TR) Easy pace	OFF	<u>Swim 9am</u> <u>Open Water</u> <u>Swim from</u> <u>288 Lake</u> <u>25-35 min.</u> <u>Easy</u> <u>Nutrition</u> <u>Clinic Part 2</u> <u>Immediately</u> <u>following</u> <u>swim</u> <u>w/ Gaye @</u> <u>288 Lake</u>	Practice Triathlon 8:00am @ YMCA Pearland
March 29th - April 4th	<u>Swim</u> 2500 yd Easy w/ drills See below	<u>Run</u> 6 miles Easy pace	OFF	<u>Bike PM</u> <u>Bike</u> <u>Workout</u> (1hr) <u>Run</u> 3 miles (TR) Easy pace	OFF	<u>Silver Lake</u> <u>Open Water</u> <u>Swim Race</u> <u>.5 and 1m</u> <u>9:00am</u> <u>Run PM</u> 12 miles Easy pace	<u>Bike 8am</u> 50 miles easy Zone 2 Cad. 88-95 steady No Group Workout – Easter Sunday
April 5th - April 11th	<u>Swim</u> 2500 yd Easy w/ drills See below	<u>Run</u> 8 miles Easy pace	<u>Run</u> 4 miles Easy pace	<u>Bike PM</u> <u>Bike</u> <u>Workout</u> (1hr) <u>Run</u> 4 miles (TR) Easy pace_	OFF Or <u>Swim -</u> <u>Optional</u> 1500 yd Your Choice *only if you have time and energy	<u>Run</u> 14 miles Easy pace <u>Swim 9am</u> <u>Open Water</u> <u>Swim from</u> <u>288 Lake</u> <u>25-35 min.</u> <u>Easy</u>	<u>Bike 8am</u> 60 miles easy with group Zone 2 Cad. 88-95 steady <u>Run</u> 3 miles (TR- transition run) Easy pace
April 12th - April 18th	<u>Swim</u> 2500 yd Easy w/ drills See below	<u>Run</u> 5 miles Easy pace	OFF	<u>Bike PM</u> <u>Bike</u> <u>Workout</u> (1hr) <u>Run</u> 3 miles (TR) Easy pace	OFF	<u>Run</u> 10 miles Easy pace <u>Swim 9am</u> <u>Open Water</u> <u>Swim from</u> <u>288 Lake</u> <u>25-35 min.</u> <u>Easy</u>	<u>Bike 8am</u> 40 miles easy with group Zone 2 Cad. 88-95 steady
April 19th - April 25th	<u>Swim</u> 1500 yd Easy w/ drills See below	<u>Run</u> 4 miles Easy pace	OFF	<u>Bike</u> 15 miles easy Zone 2** Cadence 88- 95 steady	OFF	<u>Run AM</u> 3 miles Very easy pace	Lonestar 70.3

Note: The bike workouts will indicate a heart rate zone to target for the ride. See legend below for general biking heart rate zones. If you are not using a heart rate monitor you will have to use perceived effort and use the right column. The Zones below are only a guide line, based on a 35-40 year old with a resting heart rate of 40. Your values may change slightly. **For more accurate training Heart Rate Zone we offer Biking and Running VO2 Tests in order to setup your Personal Heart Rate training Zones.**

Zone 1	HR 120-132	easy effort	Most rides (recovery & long)
Zone 2	HR 133-145	easy – moderate	Some long rides
Zone 3	HR 146-154	moderate	
Zone 4	HR 155-163	moderate – hard	Long racing
Zone 5	HR 164 +	hard	Racing

Swim Workouts

1500 yard workout

warm up 3 x 100 yds easy w/ drills

Main Set 2 x 500 moderate w/ 30 sec. rec. between

cool down 200yds very easy w/ pull buoy

warm up 8 x 50 yds easy w/ drills

Main Set 8 x 100 free w/ 15 sec. rec. between

cool down 300yds very easy w/ pull buoy

2000 yard workout

Warm Up: 10 x 75 as: 4 free/ 3drill/ 3 back on 15 sec. rest, 4 x 100 as: 1kick/ 2drill/ 1 free on 10 sec. rest.

Main Set: 4 x 25 choice, 4 x 50 free, 100 free, 4 x 25 choice – all aerobic on 10 sec. rest

Cool Down: 400 easy

Warm Up: 12 x 75 as: 4 free/ 4drill/ 4 kick on 15 sec. rest

Main Set: 2 x (100 free easy, 8 x 25 back on 10 sec. rest) 2 x 100 pull easy on 15 sec. rest

Cool Down: 12 x 25 choice easy on 5 sec rest

2500 yard workout

Warm Up: 400 free easy, 8 x 50 as: 3 kick/ 3 drill/ 2 choice on 10 sec rest, 2 x 200 pull buoy on 20 sec. rest

Main Set: 25 fast/25 easy – 50 fast/50easy – 75fast/75easy – 100fast/100easy – 150fast/150easy – 100fast/100easy - 75fast/75easy - 50 fast/50easy – 25 fast/25 easy, all with 15-30 sec. rest

Cool Down: 5 x 100 as: 2 kick/2drill/1choice on 10sec. rest

Warm Up: 400 free easy, 4 x 100 free on 10 sec. rest, 2 x 200 on 30 sec. rest, 8 x 100 as: 50 kick/free on 15 sec. rest.

Main Set: 8 x 75 fast on 30 sec. rest

Cool Down: 400 easy

Warm Up: 400 free easy, 8 x 50 as: 3 kick/ 3 drill/ 2 choice on 10 sec rest, 2 x 200 pull buoy on 20 sec. rest

Main Set: 25 fast/25 easy – 50 fast/50easy – 75fast/75easy – 100fast/100easy – 150fast/150easy – 100fast/100easy - 75fast/75easy - 50 fast/50easy – 25 fast/25 easy, all with 15-30 sec. rest

Cool Down: 5 x 100 as: 2 kick/2drill/1choice on 10sec. rest