



Olympic Distance Triathlon (1.5k swim – 40k bike – 10k run)

Type of Exercise: Triathlon	Level: Moderate - hard	Equipment Needed: Swim suit, Road bike, Running sneakers, Heart Rate Monitor	
Prerequisite: be able to swim (freestyle)			
<p>You need to be able to move without complications, such as pain to use this routine. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.</p>			
<p>This Olympic distance triathlon training is for those with prior triathlon experience or experience in each of the triathlon disciplines. Brick training (training two disciplines in one training session) allows your body to get adjusted to the different types of movement, simulating the real event. Your goal is to transition from the swim to the bike or the bike to the run as quickly as possible. Have your training gear for all disciplines prepared in advance. Develop a transition routine. Inspect the transition areas before the race – walk through them to familiarize yourself with the layout so you don't get lost on race day. To improve your swim and running technique, work with an experienced and qualified coach.</p>			
<p>Your nutrition is another important part of your Olympic distance triathlon training. Avoid training on an empty stomach. To get the most out of your training, have a meal or snack about 2 hours before you train. Plan your fueling in advance. For training sessions 90 minutes or longer, bring along some sport drink and/or a sport bar or something easy to eat. Sport drinks like Gatorade or Powerade are already mixed to contain energy and electrolytes. Sip on your drinks and eat your food as needed. Get used to drinking and eating during your rides. Be secure on your bike while you eat or drink and get to know what food or drink does well in your stomach while training hard.</p>			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Basic endurance Welcome to your Olympic distance triathlon training! Typical times for this event are 2.5 hours, so it is essential to dial into your endurance training. A solid endurance foundation will strengthen overall performance. Effective training requires effort, discipline, and good time management. Focus on your technique while swimming and maintain the recommended intensities for the ride and run. Have fun!	215 Minutes	
Day 1	Swim: 200 yards warm-up, then 5 x 100 yards at 90%; rest between 1 min; 250 yards cool down Run: 25 min jog at 80%	50 Minutes	
Day 2	Bike: 60 min ride at 75%	60 Minutes	
Day 3	Run: 30 min jog at 85%	30 Minutes	
Day 4	Bike: 75 min ride at 70%	75 Minutes	
Week 2	Basic endurance	280 Minutes	

	Although you are still concentrating on building your endurance capacity there are changes: two bricks this week, along with a longer ride and run. Really take advantage of the brick by simulating the race experience. Transition from the swim to the run or bike quickly and allow your body to get used to the change that's occurring. Keep it up!		
Day 1	Swim: 250 yards warm-up, then 5 x 100 yards at 90%; rest between 1 min; 400 yards cool down Run: 20 min at 75%	55 Minutes	
Day 2	Bike: 75 min at 75%	75 Minutes	
Day 3	Run: 40 min at 80%	40 Minutes	
Day 4	Swim: 250 yards warm-up, then 3 x 250 yards at 85%; rest between 2 min; 250 yards cool down Bike: 75 min at 70%	110 Minutes	
Week 3	From here on in there will be more challenging intervals and/or intensities in your training. Challenge is what makes you a stronger athlete both physically and mentally. The recommended intensities allow you to tap into your full performance potential. Know and believe that you are getting stronger and faster! Go for it!	315 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 50 yards at 95%; rest between 1 min; 4 x 100 yards at 90%, rest between 2 min; 2 x 200 yards at 90%, rest between 2 min; 250 yards cool down Run: 30 min at 75%	70 Minutes	
Day 2	Bike: 15 min warm-up, then 5 min – 10 min – 15 min time trial (TT) at 90%, active recovery 4 min; 20 min cool down	75 Minutes	
Day 3	Run: 50 min at 80%	50 Minutes	
Day 4	Swim: 250 yards warm-up, then 3 x 300 yards at 85%; rest between 2 min; 250 yards cool down Bike: 90 min at 70%	120 Minutes	
Week 4	This is your halfway point. How are you doing? Do you see and feel the progress you have made? Each training session will continue to challenge you so neither you nor your muscles get bored with the training. Challenge or new stimulus in the form of different drills, intensities, or duration will lead to positive changes in performance. Yea because that's exactly what you've been looking for. Embrace change!!	375 Minutes	

Day 1	Swim: 250 yards warm-up, then 4 x 50 yards at 95%; rest between 1 min; 4 x 100 yards at 90%, rest between 2 min; 2 x 200 yards at 90%, rest between 2 min, 250 yards cool down Run: 30 min at 75%	80 Minutes	
Day 2	Bike: 15 min warm-up, then 2 x 5 min – 2 x 10 min – 1 x 15 min TT at 90%, active recovery 4 min; 15 min cool down	100 Minutes	
Day 3	Run: 50 min at 80%	50 Minutes	
Day 4	Swim: 250 yards warm-up, then 4 x 200 yards at 85%; rest between 2 min; 250 yards cool down Bike: 105 min at 70%	145 Minutes	
Week 5	In order to achieve best performance on race day you have to continually test yourself. How far are you willing to go? How long can you last or endure the challenge? These are questions you continually face during your training. Finding the answers makes you a stronger athlete and individual. Stay strong!	405 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 100 yards at 95%; rest between 2 min; 4 x 100 yards at 90%, rest between 1 min, 2 x 200 yards at 90%, rest between 1 min; 250 yards cool down Run: 30 min at 85%	85 Minutes	
Day 2	Bike: 15 min warm-up, then 2 x 5 min – 2 x 10 min – 1 x 15 min TT at 90%, active recovery 3 min; 15 min cool down	100 Minutes	
Day 3	Run: 60 min at 80%	60 Minutes	
Day 4	Swim: 250 yards warm-up, then 4 x 250 yards at 85%; rest between 2 min; 250 yards cool down Bike: 120 min at 70%	160 Minutes	
Week 6	Much respect! Remember to respect yourself not only during your training, but also before and after your training. This intense training is highly stressful. Compensate by de-stressing in your down time. Regular restorative sleep, good nutrition, and relaxation techniques will enhance your recovery and help you get the most out of your training. Balance your work and life!	420 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 200 yards at 95%; rest between 2 min; 2 x 300 yards at 90%, rest between 2 min; 250 yards cool down Run: 40 min at 85%	105 Minutes	
Day 2	Bike: 15 min warm-up, then 3 x 15 min TT at 90%, active recovery 3 min; 20 min cool down	90 Minutes	
Day 3	Run: 10 min warm up; 50 min at 85%, 10 min	70 Minutes	

	cool down		
Day 4	Swim: 250 yards warm-up, then 4 x 400 yards at 85%; rest between 2 min; switch directly to biking Bike: 105 min at 75%	155 Minutes	
Week 7	Wow time definitely flies when you're having fun!! This is the last week before your race. You may be feeling nervous. It is normal to feel nervous. You have certain expectations and are unsure of how you will perform. Be confident in yourself and your training! Remember how hard and diligently you've been working. Take advantage of this last week to do your best. Believe in your self!!	445 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 250 yards at 95%; rest between 2 min; 2 x 300 yards at 90%, rest between 2 min; 250 yards cool down Run: 40 min at 85%	110 Minutes	
Day 2	Bike: 15 min warm-up, then 4 x 15 min TT at 90%, active recovery 3 min; 20 min cool down	110 Minutes	
Day 3	Run: 10 min warm up; 50 min at 85%, 10 min cool down	70 Minutes	
Day 4	Swim: 250 yards warm-up, then 4 x 400 yards at 85%; rest between 1 min; switch directly to biking Bike: 105 min at 80%	155 Minutes	
Week 8	Recovery for the Race! The three workouts before your race are shorter and less intense than your race pace. This will keep you active, while allowing your body and mind to prepare for your big day. Stay true to the recommended training intensities and durations so your body can recover. On race day your body will super-compensate and be ready to rock and roll!	110 Minutes	
Day 1	Swim: 250 yards warm-up, then 2 x 400 yards at 85%; rest between 3 min; 250 yards cool down	30 Minutes	
Day 2	Bike: 50 min at 75%	50 Minutes	
Day 3	Run: 5 min warm up, 20 min at 85%, 5 min cool down	30 Minutes	
Day 4	Olympic Distance Triathlon – Good luck!		

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