

Welcome to WEEK ONE: THE BEGINNING!

It's week one of your sprint triathlon plan and you should be pumped! As you're getting into the groove of training make sure to take care of the details: gear, nutrition and recovery. If you haven't already, make sure you have good running shoes, goggles and bike gear. The last thing you want is pain from running on old shoes or having to constantly play with your goggles in the pool because of leaks.

PREP TIP: This week learn how to change your bike tire if you get a flat. Being self-sufficient during training and on race day will be a must throughout this program. If you're unsure how to change a flat, visit a local bike shop.

DRILL TIP: A lot of time can be lost slowing for turns and corners. Practice this skill by taking your bike to a parking lot or riding around a roundabout where you can work on cornering. Your bike will follow your head, so look in the direction you want to go. Put more weight on your inside hand and outside foot (right hand/left foot if turning to the right, left hand/right foot if turning to the left)

NUTRITION TIP: Although your calories needs will increase during this 10-week plan, to avoid weight gain, make sure you understand how many more calories you'll need to eat, and make sure you are consuming nutrient dense foods (lots of fruits and vegetables, whole grains, and lean protein). The best time to eat carbohydrates (whole grains, bread, pasta, energy bars, etc.) is right before, during, or right after your workout. This is when your body will use them most effectively as energy.

| Week 1 | Workout | Purpose |
|------------------|---|---|
| Monday | Swim: 30 mins/1000m + 20 mins core work | Mostly easy with some included speed intervals |
| Tuesday | Run: 25 mins | Mostly easy with some included speed intervals |
| Wednesday | Bike: 40 mins | Mostly easy with some included speed intervals |
| Thursday | Swim- 30 mins/1000m | Mostly easy with some included speed intervals |
| Friday | Long run: 30 mins + 30 mins yoga/stretching | Builds Endurance but still focusing on easy pace. |
| Saturday | Brick: Run 10 mins + bike 45 mins | Building bike endurance and practicing the run to bike transition |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK TWO: Slight RECOVERY

This week we'll taper the distance a bit to help your muscles recover from the first week of training. Keep the intensity low and have fun! This is a great week to grab a friend to train with in order keep workouts relaxed and enjoyable.

PREP TIP: Do you have your race day tri kit picked out? If not, go shopping! There are lots of triathlon specific kits that will make you look great and feel even better. You want some time to test out the fit and use it for a workout or two so you know it will work during the race.

DRILL TIP: Add 5min of running drills to the beginning of your runs (after a few minutes of easy jogging). Including things like stepping over imaginary hurdles, butt kicks, high knees, and skipping, which will help you get ready for strong running and will warm up the muscles a bit more to help prevent injury.

NUTRITION TIP: Eat at home (or prepare your own meals whenever possible). This way you know what's in your food and where it comes from. This is a time consuming endeavor, so use the weekends or your rest days to prepare as much in advance as possible. Cut up vegetables for all the dinners ahead of time. Make all the salads for the week at once. Spending a couple hours one day could save several hours during the week. When you are tired from work, and training, you are more likely to cave and order a pizza just to avoid cooking!

| Week 2 | Workout | Purpose |
|-----------|---|---|
| Monday | Swim- 30 mins/1000m + 20 mins core work | Steady pacing practice |
| Tuesday | Run: 25 mins | Easy miles that allow for quick recovery |
| Wednesday | Bike: 30 mins | Easy miles that allow for quick recovery |
| Thursday | Swim: 30 mins/1000m | Active recovery – helps rest and prep the body for the weekend training! |
| Friday | Long run: 30 mins + 30 mins yoga/stretching | Builds Endurance but still focuses on an easy pace. Grab a buddy and keep the pace easy and conversational. |
| Saturday | Brick: 30mins Bike + 200m/10 min swim | First bike+ swim brick! Short easy spin followed by a very easy swim. |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK THREE: BUILD

How are you feeling? Coming off an easier week you should have a little extra pep in your step for this week's workouts. If you're still feeling a bit fatigued, make sure to be fueling properly before and after your workouts and STRETCH. Static stretching after your workouts will help increase your flexibility and keep your muscles feeling pliable.

PREP TIP: Practice swimming in your race kit/outfit. Make sure you swim in it a few times before race day to get use to the feel in the water. Ensure there is as little drag as possible.

DRILL TIP: Try to incorporate race like conditions in the pool if at all possible. Take a buddy and practice swimming in the same lane. This will simulate having to swim around someone on race day.

NUTRITION TIP: It's extremely important to stay hydrated as you build your training. You will have better sessions and faster recovery. Simply drinking water will not always be enough to rehydrate your body during or after long bouts of exercise. Including electrolytes in your liquid will help you replenish what you lose when you sweat. For electrolyte replacement outside of training use a low calorie option (Nuun is a great one) that will replace the minerals without a bunch of sugar and calories.

| Week 3 | Workout | Purpose |
|-----------|--|--|
| Monday | Swim: 45 mins/1500m | Steady pacing practice |
| Tuesday | Run: 25 mins + 30 mins strength routine | Building into some short speed intervals with adequate recovery time |
| Wednesday | Bike: 45 mins | Building into some speed intervals |
| Thursday | Swim: 30 mins/1000m | Building into some speed intervals with adequate recovery time |
| Friday | Long run: 30 mins + 30 mins yoga/core work | Builds Endurance but still focuses on an easy pace. |
| Saturday | Brick: 15 mins Run + 45 mins bike | Building bike endurance and practicing the run to bike transition |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK FOUR: BUILD

Can you believe it's already week four? It's time to keep building the miles for better endurance and it's time for more interval training to get those fast-twitch muscles working.

As your distances increase, make sure to keep listening to your body. If you have any aches that stretching isn't taking care of, you can try foam rolling to smooth out any knots.

PREP TIP: This is a good week to start practicing your race day breakfast routine. Simple foods like applesauce, a banana, whey protein and a sport drink will sit well with the majority of athletes on race morning. Considerations are low fiber and easily digestible foods that won't make you run to the porta potty during the race!

DRILL TIP: Many cyclists have a really slow cadence when they first begin riding. It will keep your muscles fresher if you can ride with a cadence of AT LEAST 80rpms (revolutions per minute - basically how many times one foot makes a full pedal stroke in a minute). If you have a cadence sensor on your bike you can get this feedback easily. If you don't have the gear, just count the times that one foot goes all the way around the pedal stroke for 15 seconds. Then multiply that number by 4. See if you can maintain a cadence of 80-85 as you ride.

NUTRITION TIP: Start to think about your pre-race meals. Plan out your pre-race dinner and race day breakfast. Your goal the day before and the day of the race is to minimize the amount of fiber you consume. Fiber gets things moving along your digestive track. Your pre-race dinner should include a moderate amount of protein and carbohydrates, with some fat. Avoid vegetables, fruits and high fiber foods the night before the race. This week, the night prior to a big workout, practice your pre-race dinner. Then perform the next day's workout in the morning, after consuming your planned pre-race breakfast. Adjust as needed, and try again on a different day if this didn't sit well.

| Week 4 | Workout | Purpose |
|-----------|---|---|
| Monday | Swim: 45 mins/ 1500m | Steady pacing practice |
| Tuesday | Run: 30 mins + 30 mins strength routine | Building into some threshold intervals |
| Wednesday | Bike: 45 mins | Building into some speed intervals |
| Thursday | Swim: 30 mins/ 1000m | Building into some speed intervals with adequate rest |
| Friday | Long run: 35 mins + 30 mins yoga/stretching | Builds Endurance but still focuses on an easy pace |
| Saturday | Brick: Bike 50 mins/Swim 500m | Learning pacing, focus and breathing skills for the bike to swim transition |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK FIVE: BIG WEEK BUILD

Give it your all this week! Next week is an easier week, so feel confident pushing yourself in these workouts. Don't be afraid to feel the burn, the recovery is right around the corner.

PREP TIP: You are working hard to prepare your body for race day, but it's just as important to prepare your mind. Start from the beginning. Think about how you are going to feel on race day. Picture a smooth and strong run, fast transition, powerful bike, another quick yet mindful transition, and a fast swim! Imagine yourself crossing the finish line feeling strong, powerful, excited, and satisfied on a job well done!

DRILL TIP: A great way to end a run is with a few minutes of easy jogging followed by a few minutes of walking. Not only does it feel good to walk after a hard run, it will help the body cool down completely and avoid that post run stiffness that can sometimes set in. This will help the legs begin the recovery process and set you up for a great next workout!

NUTRITION TIP: One of the best things you can do for your body is to eat as many vegetables as possible! Put spinach and broccoli in your scrambled eggs. Add kale to yogurt and fruit for a delicious smoothie. Include a salad at dinner (or make the SALAD your dinner). Vegetables are super nutrient dense and can help keep you healthy as the training load builds.

| Week 5 | Workout | Purpose |
|-----------|--|---|
| Monday | Swim: 45 mins/ 1500m | Steady pacing practice |
| Tuesday | Run: 45 mins + 15 mins core work | Long and steady pressure on the pedals for all 45 mins |
| Wednesday | Bike+ run: 45 mins bike + 15 mins run | Adding the run OTB to practice controlled pacing and breathing on dry land |
| Thursday | Swim: 30 mins/1000m | Practice actively regaining breathing control after hard intervals |
| Friday | Long run: 45 mins + 20 mins yoga/stretching | Builds Endurance but still focuses on an easy pace. |
| Saturday | Brick: 25 mins Run + 45 min bike + 10 mins/300m swim | Building bike endurance and practicing the run to bike and bike to swim transitions |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK SIX: REST/ RECOVERY

Phew! You just put in three more fantastic weeks of training and now is the time to let your muscles re-coop as you continue to build endurance. Have fun and keep it relaxed. It's a good week to focus on your form as opposed to speed. Good form in the pool and on the roads will help you go the extra mile and be more efficient come race time.

PREP TIP: This is a great week to stock pile what you'll need for race day. Food for during the race (bars, gummies, gels), extra tires/tubes, CO2 cartridges.

DRILL TIP: Mastering transitions is a big part of a successful race. This is something that should be practiced as well. Lay out your gear like you would on race day. Practice putting on your bike shoes/helmet/sunglasses and getting on your bike to ride away quickly (don't forget to make sure you have the bike in the right gear!). Then practice dismounting your bike, and putting on your cap and goggles with a sweaty forehead! It's also important to have the nutrition you'll need for race day available so you can practice putting this in any pockets.

NUTRITION TIP: If you're hungry at night, eat a high protein snack right before bed (cottage cheese, no sugar added Greek yogurt, eggs, protein shake). This will help you sleep better and will aid in muscle building while you sleep!

| Week 6 | Workout | Purpose |
|-----------|--|---|
| Monday | Swim: 30 mins/1000m | Active Recovery, easy pace |
| Tuesday | Run: 20 easy + 20 mins stretching/foam rolling | Active Recovery, easy pace |
| Wednesday | Bike: 30 easy | Active Recovery, easy pace |
| Thursday | Swim: 30 mins/ 1000m + 20 mins yoga/stretching | Active Recovery, easy pace |
| Friday | Run: 30 easy + 15 mins core work | Builds Endurance but still focuses on an easy pace |
| Saturday | Brick: 40 mins bike+ 300m swim | Learning pacing, focus and breathing techniques for the bike to swim transition |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK SEVEN: BUILD

Are you ready for week seven?! Time to turn it back up with some intervals and speed work. You'll not only amp up your distance this week but your intensity as well.

PREP TIP: Get to bed early! Sleep is extremely important during big training blocks to ward off stress and help your body and mind recover. Most people THINK they are okay on 5-6 hours of sleep each night. BUT you are a TRIATHLETE now. Try to get 8 hours if possible. Start your bedtime routine 8 hours and 30 minutes before you need to get up the next morning. You might not be able to fall asleep right away, but the goal should be to at least be in bed 8 hours before the alarm goes off!

DRILL TIP: This Reverse Triathlon includes a mass run start. Many athletes will run the first half mile at a pace that is well above their maintainable threshold. Your goal this week is to practice the run start. From a stop, begin running as if the start gun was just fired. Look at your watch often during practice to gauge your pace vs effort. Nailing this on race day will drastically improve your total race time!

NUTRITION TIP: After your workouts (especially your longer / harder workouts), make sure you replace as many of the calories as you can within 45 minutes. This is when you'll need lean protein, but mostly carbohydrate (a 4:1 carbohydrate to protein ratio is a good goal). You will replace muscle glycogen that will rebuild your muscles. If you don't refuel right after your workout, your next workout might be compromised and you won't get the full benefit from the training. You'll also be more likely to be hungry later in the day and overeat when your metabolism is low (and your body will convert those same calories to fat). Chocolate milk is a great option for a post workout snack!

| Week 7 | Workout | Purpose |
|-----------|---|---|
| Monday | Swim: 45 mins/ 1500m | Steady race pacing practice |
| Tuesday | Run: 35 mins + 20 mins strength routine | Short sustained threshold work with pacing closer to race day efforts. Intervals stay short |
| Wednesday | Bike: 50 mins | Short sustained threshold work with pacing closer to race day efforts. Intervals stay short |
| Thursday | Swim: 30 mins/ 1000m | Short sustained threshold work with pacing closer to race day efforts. Intervals stay short |
| Friday | Long run: 45 mins + 20 mins yoga/stretching | Builds Endurance but still focuses on an easy pace |
| Saturday | Brick: 30 run/ 70 min bike | Building bike endurance and practicing the run to bike transition |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK EIGHT: PEAK WEEK

This week you'll be leveling off your distance. Race day is drawing closer so it's time to really push it in your workouts. This is peak week and your distances and intensity will be tapering from here. Don't forget to do plenty of stretching and foam rolling this week. These recovery activities will help keep you feeling fresh.

PREP TIP: In your biggest training weeks you will be really pressed for time. Getting all your gear for the next day ready the night before, will set you up for a much better flow to the day. It's much easier to remember all of your swim gear and nutrition at 7PM at night than it is at 4:30AM in the morning.

DRILL TIP: The shortest distance between two points is a straight line, so you definitely want to ride as straight as possible. Once you have mastered riding straight with both hands on the bars, try to hold your line while you grab food or water, look behind you, or vary the speed.

NUTRITION TIP: Caffeine can boost performance. It can lower the perceived intensity of an effort so you can work harder for longer! If you decide you want to race with caffeine (caffeinated blocks or gels) make sure you practice with it in training (NEVER try anything new on race day!). Caffeine can have adverse effects like causing jitters, the urge to urinate, or increase your heart rate. Practice, practice, practice.

| Week 8 | Workout | Purpose |
|-----------|---|---|
| Monday | Swim: 45 mins/ 1500m | Race simulation |
| Tuesday | Run: 40 mins + 10 mins core work + 10 mins stretching | Race simulation |
| Wednesday | Bike: 1 hr | Race simulation |
| Thursday | Swim: 30 mins/ 1000m | Active recovery – helps rest and prep the body for the weekend training! |
| Friday | Long run: 1 hr + 20 mins yoga/stretching | Builds Endurance but still focuses on an easy pace. |
| Saturday | Brick: 20 mins run + 1 hr bike + 300m swim | Building bike endurance and practicing the run to bike and bike to swim transitions |
| Sunday | Rest day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK NINE: PEAK WEEK 2

Time to start thinking about the details of race day. You should know your nutrition plan, what you're going to wear, and how you'll be getting to your race in the morning. Hammering out the race details now will help keep stress low during race week.

PREP TIP: Bike tune up time! This is a great week to take your bike into the shop for a pre-race tune up. Make sure your ride is in great working order for race day. The bike shop might need your bike for a couple days, so call in advance to schedule an appointment. Then try to take your bike in when you know you won't need to ride it for 2-3 days.

DRILL TIP: Focus on making all your runs progression runs (i.e. get faster as you go). This will help you build into the run on race day and focus on having a strong first leg. You'll be amazed at how many people you can pass in the later stages of the race if you pace well on the run! You will feel stronger at the finish AND get a little extra motivation from passing people towards the finish line.

NUTRITION TIP: Don't be afraid of saturated fat! Saturated fat is a key element in improved cardiovascular and brain function as well as bone health. This is extremely important for women, who are typically more likely than men, to restrict saturated fat when being mindful of calorie intake (or dieting). The best sources for your body come from avocados, nuts, seeds, and whole fat dairy.

| Week 9 | Workout | Purpose |
|-----------|--|--|
| Monday | Swim: 45 mins/1500m + core work | Race simulation |
| Tuesday | Run: 30 mins/ speed intervals | Race simulation |
| Wednesday | Bike: 45 mins steady intervals | Race simulation |
| Thursday | Swim: 30 mins/ 1000m easy/buoy | Active recovery – helps rest and prep the body for the weekend training! |
| Friday | Long run: 45 minutes + 15 mins yoga/stretching | Builds Endurance but still focuses on an easy pace |
| Saturday | Brick: 20 mins run/ 1 hour bike | Building bike endurance and practicing the run to bike transition |
| Sunday | Rest Day | Great for meal prep, workout prep, family time, and sleeping in! |

WEEK TEN: RACE WEEK!

It's race week! Make sure you have your race day logistics all in order and take it easy on your workouts. This is what you've been training for so make sure to get plenty of sleep this week and fuel your body well. Get excited, you're ready for this!

PREP TIP: Review the race rules and make sure you know the course. It will be well marked, but it's always the athlete's responsibility to know where to go. Make sure you know the time schedule for packet pickup and transition setup so you don't miss any deadlines!

DRILL TIP: As the volume of your training decreases, incorporate a few bursts of speed and power in the pool, on the bike, and while running. This will keep your body sharp, without taxing your muscles beyond quick recovery. These short bursts will be sprint efforts, but should be kept to no more than 30 seconds (10-15 seconds in the pool).

NUTRITION TIP: Be mindful of your calorie intake during this race week. You don't need as many calories to sustain your body when your training volume is significantly decreased. Don't starve yourself, but avoid overeating the week before your race. If you focus on consuming lean protein and vegetables, you can ward off hunger, without overdoing the calories.

| Week 10 | Workout | Purpose |
|------------------|--|---|
| Monday | Swim: 30 mins/1000m, steady/low intensity swim | Keep the blood flowing, and start to build up your energy reserves |
| Tuesday | Run: 20 mins easy run. Including 4 x 60s pops. | Run easy and keep the body feeling fresh and sharp for race day |
| Wednesday | Bike: 30 mins easy riding. Include 6 x 60s pops | The "pops" will keep you feeling sharp for race day, but keep it easy the entire ride. |
| Thursday | Race prep— 5 mins jog+ 20 min bike @ low intensity | Ensure your equipment is in good working order |
| Friday | Rest day | Check to make sure your gear is prepped and ready to go! Put your feet up, relax and HYDRATE. Eat a low fiber dinner and head to bed! |
| Saturday | RACE DAY! Check-in begins at 0545 Race begins at 0700 USAG-HI Richardson Pool, 1757 Kolekole Ave, BLDG 578 | 5K Run 10 Mile Bike 400 Meter Swim |
| Sunday | Rest day | Recovery. You made it 😊 CONGRATULATIONS! |