

Beginner Triathlete 16-Week Base Plan

Build to 8-10 h/w

<b>Block 1</b> Introduction/general Adaptation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 1	Swim: Drills, 20 min	Run: 20 min -(jog 2 min, walk 2 min) x 5	Swim: Drills, 20 min	Off.	Bike: 30 min ez	Bike: 30 min ez	Off.	Swim: 40 min Bike: 60 min Run: 20 min Strength: Total: 2 hrs
Week 2	Swim: Drills, 25 min	Run: 20 min -(jog 2 min, walk 2 min) x 5	Swim: Drills, 25 min	Off.	Bike: 35 min ez	Bike: 40 min ez	Off.	Swim: 50 min Bike: 75 min Run: 20 min Strength: Total: 2hr 25min
Week 3	Swim: Drills, 30 min	Run: 20 min -(jog 3 min, walk 1 min) x 5	Swim: Drills, 30 min	Off.	Bike: 40 min ez	Bike: 50 min ez	Run: 20 min -(jog 2 min, walk 2 min) x 5	Swim: 60 min Bike: 90 min Run: 40 min Strength: Total: 3hr 10min
Week 4	Off.	Run: 15 min -(run 5 min, walk 5 min, run 5 min)	Swim: Drills, 30 min	Off.	Bike: 30 min ez	Bike: 40 min ez	Off.	Swim: 30 min Bike: 70 min Run: 15 min Strength: Total: 1hr 55min

- **First Block Explanations**

- This block sets up the cycle of 3 weeks of continuous progression followed by 1 week that will be significantly less training time than the previous 3. The point of this week is to allow your body to rest and adapt to the training you have completed so far. You should come out of this rest week feeling fresh, strong, and ready to get back to work.
- **Swimming**
  - All swims are drill based since swimming is extremely technical and improvements in technique will lead to quicker improvement in the water than if we primarily focused on aerobic fitness from the get-go.
- **Cycling**
  - Over the course of the entire plan, you will spend the most time on your bike. The bike takes up over 50% of the total triathlon distance.
- **Running**
  - Running causes the most impact on the body of the three sports so it is important we ramp up running very slowly.
  - This first block will add walking into every run in order to slowly acclimate the body to the pounding of running.

- **Swim Workouts:**

- For all of these swims you will be focusing on Freestyle Swimming.
  - Freestyle swimming: [https://www.youtube.com/watch?v=AQy\\_c30INjI](https://www.youtube.com/watch?v=AQy_c30INjI)
  - Breathing while swimming: <https://www.youtube.com/watch?v=HAJGcDw5CRY>
- For the first few swims you should begin and end each drill session with a couple of laps (or however far you can swim) swimming however you currently swim just to help your body warm up a bit.
- Swim Drills to consider:
  - Sculling: <https://www.youtube.com/watch?v=jsTS-EC10KQ>
  - Kicking
  - Breathing drills: <https://www.youtube.com/watch?v=fcoNzQYX6Vw>

- **Tools for swimming:**

- We recommend all beginners invest in these swimming tools right away:
  - Comfortable goggles
  - Proper fitting swimsuit
  - Kickboard
  - Pull buoy
  - Fins

Block 2 General Adaptation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 5	Swim: Drills, 30 min	Run: 20 min -(jog 2 min, walk 2 min) x 5 Strength	Swim: Endurance, 20 min	Off.	Bike: 45 min ez	Bike: 50 min ez	Run: 25 min -(jog 3 min, walk 2 min x 5)	Swim: 50 min Bike: 95 min Run: 45 min Strength: 20min Total: 3hr 30min
Week 6	Swim: Drills, 40 min	Run: 25 min -(jog 3 min, walk 2 min) x 5 Strength	Swim: Endurance, 25 min	Off.	Bike: 40 min ez	Bike: 60 min ez	Off.	Swim: 65 min Bike: 100 min Run: 25 min Strength: 20 min Total: 3hr 25min
Week 7	Swim: Drills, 40 min	Run: 25 min -(jog 4 min, walk 1 min) x 5 Strength	Swim: Endurance, 30 min	Bike: 45 min ez	Swim: Drills, 30 min	Bike: 60 min ez	Run: 20 min -(jog 2 min, walk 2 min) x 5	Swim: 100 min Bike: 105 min Run: 45 min Strength: 20 min Total: 4hr 30min
Week 8	Swim: Drills, 30 min	Run: 15 min -(run 5 min, walk 5 min, run 5 min)	Swim: Endurance, 30 min	Off.	Bike: 40 min ez	Bike: 60 min ez	Off.	Swim: 60 min Bike: 100 min Run: 15 min Strength: Total: 2hr 55min

- **Second Block Explanations:**

- **Swim:**

- Over the course of this second block, we increase the swimming drill duration as well as introduce the first bit of endurance focused swimming.

- **Bike:**

- The bike still remains at 2 rides a week but we slowly increase the duration of these rides in order to help you grow stronger on the bike.

- **Run:**

- The running continues to progress the slowest of the 3 disciplines as running does the most damage to the body. Since you may be new to running, the slower we take it in these beginning weeks, the healthier and stronger of a runner you will be in the long run.

- **Strength:**

- In this phase we will begin to introduce the first set of strength sessions. Don't worry there won't be any Olympic lifting and a gym won't be necessary. This strength will be from a functional standpoint and will help strengthen the supporting cast of muscles as you progress along your triathlon journey. These workouts will primarily help prevent injury but will also provide you with the work capacity to grow into stronger lifting movements and sessions later on down the road.

- Swim Endurance Example Workout:
  - Warm up:
    - 100-200 yards/meters or 5 minutes of easy swimming
  - Workout:
    - 25 yards/meters hard
      - Then 60,45,30, or 20 seconds of rest
    - Repeat this for 10-20 min
  - Cool down:
    - Easy swim for 100 yards/meters or 100-200 yards/meters of your choice of drills
  
- Strength Workout: (20ish minutes in duration)
  - 3 x 6 air squats
  - 2 x (30, 45, or 60 second) plank
  - 3 x 6 walking lunges each leg
  - 2 x 30 sec side plank w/ hip abduction (each side)
  - 3 x 8 pushups
  - 3 x 6 glute bridges
  - 3 x 6 clam shells (each side)
  - 3 x 6 calf raises (each leg)

<u>Block 3</u> General Adaptation 2.0	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 9	Swim: Drills, 40 min	Swim: Endurance, 40 min  Strength	AM: run 30 min as jog 1 mile, walk 3 min  PM: Bike 40 min	Bike: 45 min	Swim: Drills, 40 min	Bike: 75 min	Run: 36 min  -(jog 9 min, walk 3) x 3	Swim: 120 min Bike: 160 min Run: 66 min Strength: 25 min Total: 6hr 11min
Week 10	Swim: Drills, 40 min	Swim: Endurance, 40 min  Strength	AM: run 30 min as jog 1 mile, walk 3 min  PM: Bike 40 min	Bike: 50 min	Run: 36 min  -(jog 9 min, walk 3) x 3	Bike: 75 min  ez	Off.	Swim: 80 min Bike: 165 min Run: 66 min Strength: 25 min Total: 5hr 6 min
Week 11	Swim: Drills, 40 min	Run: 25 min  -(jog 4 min, walk 1 min) x 5  Strength	Swim: Endurance, 30 min	Bike: 60 min	Swim: Drills, 30 min	Bike: 80 min  ez	AM: Bike 60min  PM: Run 25min  -(jog 4 min, walk 1 min) x 5	Swim: 100 min Bike: 185 min Run: 45 min Strength: 25 min Total: 6hr 15min
Week 12	Swim: Drills, 30 min	Run: 20 min  -(run 3 min, walk 1min) x 5  Strength	Swim: Endurance, 30 min	Off.	Bike: 40 min  ez	Bike: 60 min  Run: 20 min  -(run 7min, walk 3min) x 2	Off.	Swim: 60 min Bike: 100 min Run: 40 min Strength: 25 min Total: 3hrs 45min

- Third Block Explanations:

- Swim:

- The first and third weeks of this phase contain 3 swims as opposed to only 2 sessions per week in the previous 2 blocks. Adding a third swim to your week will be huge in increasing your gains in the water as well as adding another boost to the development of your aerobic system. Don't worry though, the additional swim is easy and drill based.

- Bike:

- Along with swimming, this block introduces an additional bike session per week. At this point, 8 weeks into your training, you should be fit and strong enough for an additional bike session. This additional bike session is crucial to your development as an endurance athlete.
- Feel free to make one of these rides harder than the other 2.
- A really beneficial way to make a ride harder is to pick a route with several hills or pick your favorite hill and ride up and down it several times.

- Run:

- Running still remains at 2 sessions per week. However, we continue to increase the duration of these sessions as you grow to be a stronger runner.
- This week also introduces the first double workout days of this base period. Including multiple workouts in a single day are a staple in any triathlete's training plan. In a sport that combines 3 disciplines into 1, it is very important to practice more than one discipline a day in order to help your body adapt to the demands of multiple disciplines stacked onto each other.



- Also, the combining of these workouts at different point in the day, such as a morning session then an evening session, is a safe and time efficient way to increase your training volume.
  
- **Strength:**
  - The strength will remain functional based.
  - The number of reps will increase as you have grown stronger and will need more reps to induce the adaptations.
  
- Swim Endurance Example Workout:
  - Warm up:
    - 100-200 yards/meters or 5 minutes of easy swimming
  - Workout:
    - 25 or 50 yards/meters hard
      - Then 60,45,30, or 20 seconds of rest
    - Repeat this for 10-20 min
  - Cool down:
    - Easy swim for 100 yards/meters or 100-200 yards/meters of your choice of drills
  
- Strength Workout: (20-30ish minutes in duration)
  - 3 x 10 air squats
  - 3 x (45, 60, 75 second) plank
  - 3 x 10 walking lunges each leg
  - 2 x 45 sec side plank w/ hip abduction (each side)
  - 3 x 12 pushups
  - 3 x 10 glute bridges
  - 3 x 10 clam shells (each side)
  - 3 x 10 calf raises (each leg)

<b>Block 4</b> General Adaptation 3.0	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
Week 13	<b>Swim:</b> Drills, 40 min	<b>AM: Run</b> 30 min as: (jog 1 mile, walk 2 min) until 30 min is reached  <b>PM: Bike</b> 50 min	<b>Swim:</b> Endurance, 40 min	<b>Bike:</b> 50 min  <b>Strength</b>	<b>Swim:</b> Drills, 40 min  <b>Run:</b> 15 min	<b>Bike:</b> 80 min	<b>Run:</b> 36 min  -(jog 10 min, walk 2) x 3	<b>Swim:</b> 120 min <b>Bike:</b> 180 min <b>Run:</b> 81 min <b>Strength:</b> 30 min <b>Total:</b> 6hrs 51min
Week 14	<b>Swim:</b> Drills, 40 min	<b>Swim:</b> Endurance, 40 min  <b>Strength</b>	<b>AM: Run</b> 30 min as jog 1 mile, walk 2 min  <b>PM: Bike</b> 60 min	<b>Bike:</b> 60 min	<b>Run:</b> 36 min  -(jog 9 min, walk 3) x 3  <b>Swim:</b> Drills, 30 min	<b>Bike:</b> 90 min  ez  <b>Run:</b> 15 min	Off.	<b>Swim:</b> 110 min <b>Bike:</b> 210 min <b>Run:</b> 121 min <b>Strength:</b> 30 min <b>Total:</b> 7hrs 51min
Week 15	<b>Swim:</b> Endurance, 40 min	<b>AM: Run</b> 20 min  <b>PM: Bike</b> 60min	<b>Swim:</b> Drills, 40 min  <b>Strength</b>	<b>Bike:</b> 75 min  <b>Run:</b> 15 min	<b>Swim:</b> Endurance, 40 min	<b>Bike:</b> 90 min  ez	<b>AM: Bike</b> 60min  <b>PM: Run</b> 20min	<b>Swim:</b> 120 min <b>Bike:</b> 225 min <b>Run:</b> 55 min <b>Strength:</b> 30 min <b>Total:</b> 7hrs 10min
Week 16	<b>Swim:</b> Drills, 30 min	<b>Bike:</b> 60 min  <b>Strength</b>	<b>Swim:</b> Endurance, 30 min  <b>Run:</b> 20 min	Off.	<b>Bike:</b> 40 min  ez	<b>Bike:</b> 75 min  ez	<b>Run:</b> 20 min	<b>Swim:</b> 60 min <b>Bike:</b> 175 min <b>Run:</b> 40 min <b>Strength:</b> 30 min <b>Total:</b> 5hrs 5 min

- Swim Endurance Example Workout:

- Warm up:
  - 200-400 yards/meters or 5-10 minutes of easy swimming
- Workout:
  - 25,50, or 75 yards/meters hard
    - Then 60,45,30, or 20 seconds of rest
  - Repeat this for 10-20 min
- Cool down:
  - Easy swim for 200 yards/meters or 200-300 yards/meters of your choice of drills

- Strength Workout: (20-30ish minutes in duration)

- 3 x 12 air squats
- 3 x (60, 75, 90 second) plank
- 3 x 12 walking lunges each leg
- 2 x 60 sec side plank w/ hip abduction (each side)
- 3 x 15 pushups
- 3 x 12 glute bridges
- 3 x 12 clam shells (each side)
- 3 x 12 calf raises (each leg)

- **Fourth Block Explanations:**

- In this final block, you continue to slowly progress in each discipline.
- After completing this 16-week base period you should be ready to take on a more intense workload as you start to become more specific in your race preparations.
- If you have fallen in love with the multisport lifestyle and wish to continue along this progression of training, please reach out to your friendly coaches Eric and Miles at TST Perform to set up a free consultation to discuss coaching you along your triathlon endeavors.
- **Running:**
  - In this final block of the base plan, we introduce a third run session in the week.
  - We also cut back on the durations of the runs as the runs start to become pure runs and are not accompanied with walk breaks. As always, slow and steady will continue to win the race when it comes to running.

If you have fallen in love with the multisport lifestyle and wish to continue along this progression of training, please reach out to your friendly coaches Eric and Miles at TST Perform ([www.tstperform.com](http://www.tstperform.com)) to set up a free consultation to discuss coaching you along your triathlon endeavors.

We wish you the best of luck during this beginner base period and we cannot wait to hear from you in the future!