



SWIM, CYCLE AND RUN TO POWER HEART RESEARCH

Triathlon training plan for beginners

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|---|--|--|---|---|--|---|
| 1 | Rest + stretch 10 mins | Swim session: 800m technique & drills. Stretch 10 mins. | Run session: 5 mins walk/jog warm up, 5 x 2 mins run + 1 min jog/walk, 5 mins cool down + stretch | Bike session: 30 mins cycle building from easy to steady, back to easy. Stretch. | Rest or swim: 800m (4 x 200m) steady relaxed. Stretch 10 mins. | Run session: 5 mins walk/jog warm up, 3 x 3 mins at a steady effort with 2 mins jog recovery between efforts, 5 mins cool down + stretch | Bike session: 10 mins w/up 3 x 5 mins easy gear fast cadence 2 mins recovery, 10 mins w/d + stretch |
| 2 | Rest + stretch 10 mins | Swim session: 1000m technique & drills. Stretch 10 mins. | Run session: 5 mins warm up, 4 x 3 mins at a steady effort with 90 sec jog recovery jog recovery between efforts, 5 mins cool down + stretch | Bike session: 10 mins warm up, 3 x 5 mins easy gear/fast cadence (100rpm) 2 mins recovery, 10 mins w/d. | Rest + stretch 10 mins | Swim session: 800m (4 x 200m) steady. Stretch 10 mins. | Bike session: 40/50 mins building from easy to steady effort, finish 5 mins easy. Stretch. |
| 3 | Rest OR Run session 15 mins easy effort + stretch | Swim session: 1200m technique & drills. Stretch 10 mins. | Run session: 10 mins warm up, 10 mins steady effort, 10 mins easy effort + stretch 10 mins. | Bike session: 10 mins w/up 6 x 1 min at 100 rpm steady to threshold effort. 1 min recovery 10 mins w/d. | Rest or swim: 800m (4 x 200m) steady relaxed, high elbows. Stretch 10 mins. | Run session: 10 mins warm up, 4 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down | Bike session: steady 60 mins hilly route. p.m. swim 1000m as 5 x 200m 1 min rec & stretch. |

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|------|--|---|---|---|---|--|---|
| 4 | Rest + stretch 10 mins | Swim session: 1000m (5 x 200m with 1 min recovery). Stretch 10 mins | Run session: 10 mins warm up, 5 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down | Bike session: 10 mins w/up (5 x 20 sec 100 rpm 40 sec recovery, 5 mins at 90 rpm) X 2 w/d 5 mins. | Active Recovery: i.e. Yoga/Pilates/Body Balance OR rest. Stretch 10 mins. | Swim session: 1000m steady concentrating on technique & relaxation. P.M. 20 mins easy effort run + stretch | Bike session: build to 60 min ride inc 4 x (5 mins efforts 100 rpm 2 min spin) + stretch 10 minutes. |
| 5 | Swim session: 800m technique and drills followed by 20 mins jog. Short stretch OR rest | Bike session: 10 mins w/up. 40 sec at 100 rpm 20 sec recovery x 2 or 3, 3 min spin. 10 mins jog. Stretch 10 mins. | Run session: 10 mins warm up, 6 mins easy building to steady, 2 mins recovery, 6 mins steady building to Threshold, 10 mins cool down + stretch | Bike session: 40 mins cycle building pace from easy to steady P/E 6 finish easy. OR spin class. Stretch 10 mins. | Swim session: (1200m) w/up 200m 2 x 50 drill/technique, 3 x 200 with 30 sec recovery, 2 X 50 fast, 200 c/d mixed strokes. | Long run session: 40 mins easy effort + stretch 10 mins | Bike session: 60 mins cycle @ 100 rpm on flat 70 rpm on hills followed by 5 mins run out 4 mins back. |
| 6 | Rest + stretch 10 mins | Bike session: 20 mins spin easy followed by 15 mins run easy. Stretch 10 mins. | Swim session: 200 w/up 4 x 50 drills, 2 x 400, 4 x 50 drills, 100 c/d back stroke (1500m). | Run session: 10 mins warm up, 5 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down | Bike session: 40/60 mins 10 mins w/up 20/30 undulations 10 mins very easy. Stretch 10 mins. | Rest + stretch 10 mins | Bike session: 30 mins cycle followed by 30 mins easy effort run + stretch |
| 7 | Rest + stretch 10 mins | Swim session: 1000m as (5 x 200 with 30 sec recovery) followed by 20 mins run inc 5 x 200m strides. | Run session: 10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down | Bike session: 10 mins w/up then 15 mins 100 rpm P/E 6/7 5 mins spin and repeat before w/d 5 mins. | Rest + stretch 10 mins | Swim session: 1200m drills & technique. Run: 30 mins easy to steady effort + stretch | Bike session: 50 mins cycle @ 100 rpm on flat 70 rpm on hills followed by 10 mins easy effort run + stretch |

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| 8 | Rest + stretch 10 mins | Open water practice: 20 mins. | Run session: 10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down | Bike session: 10 mins w/up then 10 x 1 min at 100+ rpm with 1 min recovery 10 mins w/d RUN: 15 mins easy effort run + stretch | Rest + stretch 10 mins | Open water practice: 20 mins + P.M. Run 20 mins inc 8 x 30 sec strides + stretch | Bike session: 60 mins undulating OR Spin class OR circuit training class. Stretch 10 mins. |
| 9 | Rest + stretch for 10 mins OR short swim OR 25 mins easy effort run + stretch | Brick session: 30 mins cycle, 10 mins run 20 mins cycle, 15 mins run. Overall steady effort. Practice transitions. Stretch. | Swim session: 1100m 200 w/up 4 x 50 drills 1 x 400 think race pace 4 x 50 drills 100 w/d backstroke. | Run session: 40/50 mins steady effort + stretch 10 mins | Rest + stretch 10 mins | Open water practice: 20 mins + practise sighting and getting out of wetsuit before 20 mins easy effort run + stretch | Bike session: 15 mins w/up 15 mins threshold effort @ 100 rpm 10 mins steady 10 mins very easy OR spin class. Stretch. |
| 10 | Rest + stretch for 10 mins OR short swim OR 25 mins easy effort run + stretch | Open water practice: 20 mins + bike or run 20 mins. Practice transitions. | Bike session: 10 mins w/up 10 x 1 min at 105 rpm with 1 min recovery, 5 mins w/d stretch 10 mins p.m. | Swim session: 20 mins only inc 10 x 25m fast. Stretch 10 mins. | Rest + stretch 10 mins | Run session: 15 mins jog with strides then stretch. | TRIATHLON RACE DAY |

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