

Beginners Triathlon Training Plan - SPRINT DISTANCE - 11 WEEKS

ADVICE: If you haven't exercised for a while, it's a good idea to check with your GP before you start training

WEEK		MON	TUE	WED	THU	FRI	SAT	SUN
1	28th April - 4th May	Rest	Warm up* SWIM 200 metres. Allow yourself a 15 second rest between lengths. Cool down* Stretch* Refuel and rehydrate*	Warm up* BIKE 30 minutes. Practice changing gears. Cool down* Stretch* Refuel and rehydrate*	Warm up* RUN 15 minutes. This could be a mixture of jog/walk/jog/walk etc Cool down* Stretch* Refuel and rehydrate*	Rest	Warm up* BIKE 4 miles. Practice changing gears. Cool down* Stretch* Refuel and rehydrate*	Warm up* RUN 15 minutes. This could be a mixture of jog/walk/jog/walk etc Cool down* Stretch* Refuel and rehydrate*
2	5th May - 11th May	Rest	Warm up* SWIM 200 metres. Allow yourself a 15 second rest between lengths. RUN - 15 minutes Cool down* Stretch* Refuel and rehydrate*	Warm up* BIKE 6 miles. Practice changing gears. Cool down* Stretch* Refuel and rehydrate*	Warm up* SWIM 250 metres. Allow yourself a 15 second rest between lengths. Cool down* Stretch* Refuel and rehydrate*	Rest	Warm up* BIKE 8 miles steady pace. Practice changing gears. Cool down* Stretch* Refuel and rehydrate*	Warm up* RUN 20 minutes. See if you can do more jogging than walking in this session. Cool down* Stretch* Refuel and rehydrate*
3	12th May - 18th May	Rest	Warm up* SWIM 200 metres. Allow yourself a 15 second rest every 2nd length. RUN - 20 minutes. Aim to spend longer jogging than walking in this session. Cool down* Stretch* Refuel and rehydrate*	Warm up* BIKE 6 miles at a steady pace. Practice changing gears. Cool down* Stretch* Refuel and rehydrate*	Warm up* SWIM 300 metres. Allow yourself a 15 second rest every 2nd length. WALK - 30 minutes Cool down* Stretch* Refuel and rehydrate*	Rest	Warm up* BIKE 10 miles at a steady pace. Practice changing gears and drinking water during your ride. Cool down* Stretch* Refuel and rehydrate*	Warm up* RUN 30 minutes. Aim for more jogging than walking in this session. Try not to stop but walking is better than stopping. Cool down* Stretch* Refuel and rehydrate*

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7	9th June - 15th June	Rest	Warm up*	Warm up*	Warm up*	Warm up*	Warm up*	Warm up*
			SWIM 400 metres. Allow yourself a 10 second rest between lengths.	RUN 30 minutes. Aim for all jogging. Try not to stop but walking is better than stopping.	BIKE 5 miles then straight away do a 15 min RUN (so you practice transition).	SWIM 450 metres. Allow yourself a 5 second rest between lengths.	BIKE 12 miles at a steady pace. Practice changing gears and practice drinking water during your ride.	RUN 40 minutes. Aim for mostly jogging in this session. Try not to stop - walking is better than stopping.
			Cool down*	Cool down*	Cool down*	Cool down*	Cool down*	Cool down*
			Stretch*	Stretch*	Stretch*	Stretch*	Stretch*	Stretch*
			Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*
8	16th June - 22nd June	Rest	Warm up*	Warm up*	Warm up*	Warm up*	Warm up*	Warm up*
			SWIM 450 metres. Allow yourself a 10 second rest every 2nd length.	RUN 30 minutes. Aim for all jogging.	BIKE 8 miles then straight away do a 20 min RUN (so you practice transition)	SWIM 500 metres. Allow yourself a 5 second rest between lengths.	BIKE 15 miles then straight away do a 30 min brisk WALK. Remember to drink water during your training session.	RUN 45 minutes. Aim for all jogging if you can.
			Cool down*	Cool down*	Cool down*	Cool down*	Cool down*	Cool down*
			Stretch*	Stretch*	Stretch*	Stretch*	Stretch*	Stretch*
			Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*
9	23rd June - 29th June	Rest	Warm up*	Warm up*	Warm up*	Rest	Warm up*	Warm up*
			SWIM 500 metres. Allow yourself a 5 second rest every 2nd length.	BIKE 15 miles at a steady pace. Practice changing gears and practice drinking water during your ride.	SWIM 400 metres with no rests. WALK 40 mins brisk		OPEN WATER SWIM 20 minutes then straight into a 20 minute bike ride to practice transition.	Choose a RUN of 45 minutes or a bike ride for 60 minutes. Remember to drink water during your training session.
			Cool down*	Cool down*	Cool down*		Cool down*	Cool down*
			Stretch*	Stretch*	Stretch*		Stretch*	Stretch*
			Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*		Refuel and rehydrate*	Refuel and rehydrate*

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WEEK		MON	TUE	WED	THU	FRI	SAT	SUN	
10	30th June - 6th July	Rest	Warm up*	Warm up*	Warm up*	Rest	Warm up*	Warm up*	
			SWIM 500 metres with no rests between lengths	BIKE 15 miles at a steady pace. Practice changing gears and practice drinking water during your ride.	OPEN WATER SWIM 30 minutes then straight into a 20 minute bike ride to practice transition.		BIKE 20 minutes then straight into a 20 minute run to practice transition.	RUN 45 minutes. Remember to drink water during your training session.	
			RUN - 25 minutes						
			Cool down*	Cool down*	Cool down*		Cool down*	Cool down*	
			Stretch*	Stretch*	Stretch*		Stretch*	Stretch*	
			Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*		Refuel and rehydrate*	Refuel and rehydrate*	
11	7th July - 13th July	Rest	Warm up*	Warm up*	Warm up*	Rest	Warm up*	BEXHILL LIONS TRIATHLON 2014 ENJOY!!!	
			OPEN WATER SWIM 20 minutes	BIKE 20 minutes	SWIM 20 minutes		RUN 15 minutes		
			RUN 20 minutes						
			Cool down*	Cool down*	Cool down*		Cool down*		Cool down*
			Stretch*	Stretch*	Stretch*		Stretch*		Stretch*
			Refuel and rehydrate*	Refuel and rehydrate*	Refuel and rehydrate*		Refuel and rehydrate*		Refuel and rehydrate*

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***WARM UP**

- Running session 5 to 10 minutes of walking then jogging then walking again then jogging again etc. As you progress through the weeks you will be able to do longer jogs and shorter walks in this mix.
- Cycling session 10 minutes of "spinning" i.e. pedalling fast in an easy gear then gradually get up to your training pedalling/resistance effort.
- Swimming session 5 to 10 minutes of easy, relaxed swimming. Start slowly then gradually reach further with each stroke to stretch out, ready for your main swim.

Further information www.clarekersley-osteopath.co.uk *please look under INFORMATION - ARTICLES*

***COOL DOWN**

- Running session 3 to 5 minutes of very easy jogging and/or walking. Finish with a minute of walking.
- Cycling session 3 to 5 minutes of "spinning" i.e. pedalling fast in an easy gear, gradually slowing down.
- Swimming session 3 to 5 minutes of slow swimming, gradually bringing your breathing rate back to normal.

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***STRETCHES**

- ESSENTIAL STRETCHES FOR SWIMMERS - available to download
- ESSENTIAL STRETCHES FOR CYCLISTS - available to download
- ESSENTIAL STRETCHES FOR RUNNERS - available to download

***REFUEL AND REHYDRATE**

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