



TRIATHLON



8 Week Training Program

Trying to figure out training for swimming, cycling and running in an organized progression can be a little scary especially if this is your first Triathlon. The Iowa Games Triathlon consists of a swim at about 400 meters, a bike of 20 km, and a run of around 5 km. The Iowa Games Triathlon is a great entry point to the sport and achievable for anyone committed to following this eight-week plan for building endurance. This program will help remove some of the fear and mystery in the sport of Triathlon and getting prepared.

This plan is suggested to begin on May 15th, 2023 so that it will finish on July 9th, 2023 (Race Day).

Before You Start Training

Before starting this plan or any plan, you should be in good health and injury free. Always check with your physician before starting any workout plan. You should be able to swim 100 yards non-stop without excessive stress (preferably freestyle). Your general fitness should allow for 20 minutes of continuous cardio activity. Now is the time to start rounding up the most important pieces of equipment you will need for your first triathlon: swim goggles, swim suit, running shoes, bike, and bike helmet. All the other fancy items you might see out there are additions that will not stop you from completing your first sprint triathlon.

The training plan will follow a 5 day per week training schedule with one main workout per day until week number 4. Then there will be 2 workouts per day on 2 of the days per week. It is okay to move workouts around within the training week, just try to keep them within the same week.

Rate of Perceived Exertion (RPE) Training

All workouts are structured with training zones, according to rate of perceived effort. This means you do not have to buy any fancy HR monitors or have expensive testing done.

ZONE 1: Gentle rhythmic breathing. Pace is easy and relaxed. The intensity is a jog, or very easy swim or bike spin.

ZONE 2: Breathing rate and pace increase slightly. You should still be comfortable but with slightly deeper breathing. Running and cycling pace remains comfortable and conversation is possible.

ZONE 3: Become aware of breathing a little harder. Pace is moderate with a stronger swimming, cycling or running rhythm. This is “feel good” fast. It is slightly more difficult to hold conversation.

ZONE 4: Starting to breathe hard, pace is fast and beginning to get uncomfortable and should be challenging to maintain. This effort is approaching an all-out 15-minute swim, or 30-minute bike and run pace.

ZONE 5: Breathing is deep, and you may notice a second significant change in breathing pattern. Pace is all-out sustainable for one to five minutes. Mental focus is required, and it should feel moderately uncomfortable.

KEY

RPE Zone = perceived effort zone (see description above)

Week 1: Be Consistent...

Focal Point: Be consistent. Show up to each workout on your plan! This first week is key. This sets a base for the rest of your plan to unfold. It is not about how hard you go but about being present at each workout.

Monday: Day off

Tuesday: Swim 16x25 w/ 30 seconds rest between each followed by a 300 kick with kick board and fins - Zone 1.

Wednesday: Run 8x 1 min run followed by 2 min walk flat terrain.

Thursday: Bike 30 – 40 min bike on flat terrain

Friday: Day off

Saturday: Swim 10x50 w/ 30 seconds rest between each followed by a 400 kick with kick board and fins, Zone 1.

Sunday: Run 8x 2 min run followed by 1 min walk, flat terrain.

Week 2: Continue Being Consistent

Focal Point: You made it through week 1. Now let's continue on you showing up. Time to start embracing the SUCK a little more than the week before.

Monday: Day off

Tuesday: Swim 16x25 w/ 30 seconds rest. Then 4x50 w/30 seconds rest. Followed by 300 kick with kick board and fins Pace these evenly. Zone 2.

Wednesday: Bike 40 min bike on flat terrain in Zone 2. At minute 20 pick up your pace and effort to Zone 4 for 3 minutes and then slow it back down.

Thursday: Run 4 x 5 min Run with 2 min walk flat terrain, Zone 1.

Friday: Day off

Saturday: Swim 12x50 w/ 30 sec rest. Then 3 x 100 w/ 1 min rest. Pace these evenly. Zone 1.

Sunday: Bike 45' rolling terrain at Zone 1

Week 3: Add a little something

Focal Point: Now you should be getting stronger and feeling better. This is always the time that should be utilized to do one or two added things. One – find a place to add a little more time. Yes, we only have 24 hours in a day. And most days are packed full of something. But what I am talking about are things like parking your car a little farther away or taking the stairs and not the elevator. Find a way to always move a little more.

Monday: Day off

Tuesday: Swim 8x75 w/ 40 sec rest. 500 kick with kick board and fins. Zone 2.

Wednesday: Run 25 min on a hilly route

Thursday: Bike 60 min on a flat route in or around Zone 1 – very easy

Friday: Day off

Saturday: Swim 6x 100 w/ 40 sec rest at Zone 1. Swim 6x 50 w/ 40 sec rest at Zone 4

Sunday: Run 30 min on a flat route in Zone 1 – finish with 50 air squats

Week 4: Up the Endurance

Focal Point: You are reaching the half way point of this training plan. Start reminding yourself why you are doing this. What was the reason in the first place? Ask yourself what it will look like crossing the finish line, then hold on to that answer or vision.

Monday: Day off

Tuesday: Swim 12x75 w/ 30 sec rest in Zone 2. Swim 200x 2 in Zone 1. Kick 300 with kickboard and fins.

Wednesday: Run 45 mins flat route Zone 1 followed by 50 air squats

Thursday: Bike 60 mins hilly route Zone 3

Friday: Day off

Saturday: Swim 10x100 w/ 45 sec rest in Zone 3 – try to make each one faster than before. So, start slowing maybe in Zone 1

Sunday: Bike 40 min flat route Zone 1 then Run 10 min right off the bike in Zone 4

Week 5: Keep Going

Focal Point: You are tough. Now there will be more multiple exercise training days. The key now is to start really stretching out the range of motion after each workout. Self-massage all the big muscle movers. (thighs, shoulders, etc.)

Monday: Day off

Tuesday: Swim 1x 300 w/ 60 sec rest. 2x 200 w/60 sec rest. 4x 100 w/ 60 sec rest. 8x 50 w/ 30 sec rest – all at Zone 2

Wednesday: Run 45 min Hilly route, then do 50 air squats and 2 mins of high plank

Thursday: Bike 60 min of hilly route, first 10 is at Zone 1 warm up. Middle 40 min is at zone 4. Last 10 min is at Zone 1

Friday: Day off

Saturday: Swim 2x 400 w/ 90 sec rest. Kick 400 with kick board and fins

Sunday: Bike 50 min on flat route Zone 1. Run 20 min on flat route right off the bike in Zone 3

Week 6: Improve Race Fitness

Focal Point: This is your last two-week segment before you back off for race taper week. Make the most of each session, pull in all the resources and learning from the past five weeks and write down small goals you want to accomplish each day. Be positive and calm. This is the ideal state in which to maximize your training sessions.

Monday: Day off

Tuesday: Swim 500 non-stop, Zone 2. Kick 8x 50 w/ kickboard and fins

Wednesday: Run 35 min, Zone 2

Thursday: Bike 60 min flatter to rolling terrain Zone 2

Saturday: Swim 10x100 w/ 20 sec rest

Sunday: Bike 40 min flat terrain, Zone 2 Run 15 min off the bike, Zone 4

Week 7: Improve Race Fitness

Focal Point: You have accomplished a lot! At the end of this week, look back on all your sessions. This will give you a sense of confidence that you are ready to tackle the sprint distance, and it serves as a great reminder when nerves creep up. Racing will be simply doing what you have been doing in training: swimming, biking and running!

Monday: Day off

Tuesday: Swim 500 w/ 60 rest, kick 400 w/ kickboard and fins w/ 60 sec rest, swim 300 w/ pull buoy w/ 60 rest

Wednesday: Run 35 min hilly terrain Zone 2

Thursday: Bike 60 min rolling to hilly terrain Zone 2

Friday: Day off

Saturday: Swim 5×200 w/ 30 sec rest in zone 3

Sunday: Bike 30 min flat terrain Zone 1. Run 15 min off the bike, flat terrain Zone 5

Week 8: Race Week

Focal Point: If you are feeling excited and nervous, that is a good thing. It means that you care, and the race is important to you. This extra energy will give you a boost on race day. Follow the sessions closely and resist the urge to “test” yourself—save it up for race day! Take time to pre-organize your equipment so race day is simpler. If you can review the course, that will help ensure success.

Monday: Day off

Tuesday: Swim 10 x 50 zone 2 w/ 20 sec rest, kick 5 x 100 w/ kickboard and fins at 30 sec rest zone 3

Wednesday: Run 20 min flat, Zone first 10 min, Zone 4 next 5 min, Zone 1 last 5 min

Thursday: Bike 30 min rolling to hilly terrain Zone 2

Friday: Day off

Saturday: Bike 15 min Zone 1 at a high RPM

SUNDAY: RACE DAY! GOOD LUCK!