

WEEK 1&2
OLYMPIC TRAINING PLAN

**Goals for 2 weeks: Get used to the new training schedule
and build momentum**

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,200 yards

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,400 yards

250 yd warm up

6 x 25 drills

4 x 150 – alt 25s = 25 easy/25 hard/easy/hard etc. w/10 secs rest btwn 150s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr ride at moderate pace

BIKE 2

1 hr ride at moderate pace + 10 min run immediately after

RUN 1

40 min run at moderate pace

RUN 2

40 min run at moderate pace

WEEK 3
OLYMPIC TRAINING PLAN

Goal: Stay with intensity level @ each workout; resist temptation to go harder

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,300 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,550 yards

250 yd warm up

6 x 25 drills

5 x 150 – alt 50s = 50 easy/50 hard/easy/hard etc. w/15 secs rest btwn 150s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr 15 min ride at moderate pace

BIKE 2

1 hr 15 min ride at moderate pace

RUN 1

40 min run at moderate pace

RUN 2

45 min run at moderate pace

WEEK 4
OLYMPIC TRAINING PLAN

**Goal: Recovery; fully absorb recent training; finish week feeling rested,
ready for next week!**

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,050 yards

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,250 yards

250 yd warm up

6 x 25 drills

4 x 150 – 50 build speed, 25 fast. Repeat, w/15 secs rest btwn 150s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr ride at moderate pace & 10 min transition run

BIKE 2

50 min ride w/5 x 1 min speed bursts – warm up at least 10 mins first

RUN 1

40 min run at moderate pace

RUN 2

45 min run w/6 x 30 sec speed bursts

WEEK 5
OLYMPIC TRAINING PLAN

Goal: Ride and run hard but relaxed during short hill intervals and running intervals

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,050 yards

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,250 yards

250 yd warm up

6 x 25 drills

4 x 150 – 50 build speed, 25 fast. Repeat, w/15 secs rest btwn 150s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr ride at moderate pace & 10 min transition run

BIKE 2

50 min ride w/5 x 1 min hills w/2 min recovery – warm up at least 10 mins first

RUN 1

40 min run at moderate pace

RUN 2

40 min run w/6 x 30 sec speed bursts

WEEK 6
OLYMPIC TRAINING PLAN

**Goal: Do hill climbs @ fastest pace you can sustain thru end of last interval
without slowing down**

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,500 yards

250 yards warm up

6 x 25 yards drills

7 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,550 yards

250 yd warm up

6 x 25 drills

6 x 100 – 25 build speed, 25 fast. Repeat, w/15 secs rest btwn 150s

6 x 25 sprints w/20 secs rest btwn 25s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr 15 min ride at moderate pace & 10 min transition run

BIKE 2

65 min ride w/8 x 1 min hills w/2 min recovery – warm up at least 10 mins first

RUN 1

55 min run at moderate pace

RUN 2

40 min run w/8 x 30 sec speed bursts

WEEK 7
OLYMPIC TRAINING PLAN

Goal: Find the right effort level in the high intensity workouts (swim intervals, long hills on bike, and running intervals).

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,750 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 75 yds at high intensity, w/45 secs rest betwn 75s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,600 yards

250 yd warm up

6 x 25 drills

4 x 200 w/ 45 secs rest btwn 200s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr 30 min ride at moderate pace

BIKE 2

65 min ride w/3 x 5 min hills w/3 min recovery – warm up at least 10 mins first

RUN 1

60 min run at moderate pace

RUN 2

34 min run w/14 x 30 sec speed bursts, w/30 secs rest

WEEKS 8 & 9
OLYMPIC TRAINING PLAN

Goals: Week 8 was recovery! Week 9 goal is to finish strong in the weekend's longer ride and run

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,1825 yards
250 yards warm up
6 x 25 yards drills
5 x 100 yards – moderate speed, with 5 secs rest btwn 100s
7 x 75 yds at high intensity, w/45 secs rest betwn 75s
6 x 25 kick set – may use fins
250 yard cool down

SWIM 2 = 1,800 yards
250 yd warm up
6 x 25 drills
5 x 200 w/ 45 secs rest btwn 200s
6 x 25 kick set – may use fins
250 yd cool down

BIKE 1
1 hr 30 min ride at moderate pace

BIKE 2
70 min ride w/3 x 3 min max intensity sprints w/3 min recovery – warm up at least 10 mins first

BIKE 3
70 min ride w/4 x 5 min climbs w/3 min recovery – warm up at least 10 mins

BRICK
1 hr 15 min ride followed by 10 min run

RUN 1

55 min run at moderate pace

RUN 2

34 min run w/14 x 30 sec speed bursts, w/30 secs rest

RUN 3

38 min run w/18 x 30 sec speed bursts, w/30 secs rest

RUN 4

1 hr 5 min steady run

WEEK 10
OLYMPIC TRAINING PLAN

Goal: Dig deep in the interval workouts for all 3 sports

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,825 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

7 x 75 yds at high intensity, w/45 secs rest betwn 75s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,800 yards

250 yd warm up

6 x 25 drills

5 x 200 w/ 30 secs rest btwn 200s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

80 min ride w/5 x 3 min max intensity sprints w/3 min recovery – warm up at least 10 mins first

BRICK

1 hr 15 min ride followed by 30 min run

RUN 1

50 min run at moderate pace

RUN 2

40 min run w/10 x 1 min speed bursts, w/1 min rest

WEEK 11
OLYMPIC TRAINING PLAN

Goal: Stay focused even if you feel flat this week. Look forward to recovery next week.

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,825 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

7 x 75 yds at high intensity, w/20 secs rest betwn 75s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,800 yards

250 yd warm up

6 x 25 drills

5 x 200 w/ 20 secs rest btwn 200s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

75 min ride w/5 x 5 min max intensity sprints w/3 min recovery – warm up at least 10 mins first

BIKE 2

2 hr steady ride

RUN 1

1 hr 20 min run at moderate pace

RUN 2

44 min run w/12 x 1 min speed bursts, w/1 min rest

WEEK 12
OLYMPIC TRAINING PLAN

Goal: Recovery. Use the brick or sprint tri as a fitness test.

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,575 yards

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

5 x 75 yds at high intensity, w/45 secs rest btwn 75s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,600 yards

250 yd warm up

6 x 25 drills

4 x 200 w/ 45 secs rest btwn 200s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

55 min ride w/1-2 22 min efforts at high intensity – warm up at least 10 mins first

BIKE 2

1 hr steady ride

RUN 1

34 min w/14 mins of high intensity – warm up and cool down at least 10 mins each

BRICK or Sprint Tri on the weekend

1 hr 15 min ride followed by 20 min run

WEEK 14
OLYMPIC TRAINING PLAN

Goal: Get used to running off the bike in Sunday's brick

This is a 16-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,900 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 100 yds at high intensity, w/45 secs rest betwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 2,000 yards

250 yd warm up

6 x 25 drills

4 x 300 w/45 secs rest btwn 300s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

75 min ride w/1-2 26 min efforts at high intensity – warm up at least 10 mins first

BRICK

1 hr 30 min steady ride followed by a 30 min run

RUN 1

38 min w/18 mins of high intensity – warm up and cool down at least 10 mins each

RUN 2

45 mins steady run

WEEK 15
OLYMPIC TRAINING PLAN

Goal: Build confidence for next week's* race as you feel your fitness begin to peak in this week's workouts

*Obviously, I miscounted the weeks. There are still 3 weeks until the Cranberry! Repeat this schedule for the next 2 weeks, then I'll publish week 16 the week before the ACTUAL race!

SWIM 1 = 1,900 yards

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 100 yds at high intensity, w/30 secs rest betwn 100s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 2,000 yards

250 yd warm up

6 x 25 drills

4 x 300 w/30 secs rest btwn 300s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

1 hr 15 min ride w/2 14 min efforts at high intensity – warm up at least 10 mins first

BIKE 2

2 hr 15 min steady ride

RUN 1

40 min w/20 mins of high intensity – warm up and cool down at least 10 mins each

RUN 2

1 hr 20 min steady run

WEEK 16
OLYMPIC TRAINING PLAN
Race Week – Taper

Goal: Have a great race on Sunday!

SWIM 1 = 1,575 yards

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

5 x 75 yds at high intensity, w/45 secs rest btwn 75s

6 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,250 yards

250 yd warm up

6 x 25 drills

3 x 200 w/45 secs rest btwn 200s

6 x 25 kick set – may use fins

250 yd cool down

BIKE 1

55 min ride w/1-2 22 min efforts at high intensity – warm up at least 10 mins first

BIKE 2

20 min steady ride

RUN 1

34 min w/14 mins of high intensity – warm up and cool down at least 10 mins each