



# The TriMuskokan Short Course Triathlon Training Plan For People Who Are New To The Sport


This straight-forward training plan will help you get ready to complete the Short Course Triathlon (750 m swim, 30 km bike, 7 km run) at this year's TriMuskokan event. Triathlon is a great way to get and stay fit as it requires you to cross train and not to focus on just one sport. It is very social and supportive sport as well. For lots more information, please visit our website at [www.trimuskoka.com](http://www.trimuskoka.com) or follow us on [Facebook](#) and [Twitter](#)

## Cycle 1: You can do this cycle repeatedly until you get to four weeks from race day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Base Building Week 1</b>				
<b>Week 1:</b> Rest Day	<b>Bike:</b> 30 min	<b>Swim:</b> 200 m	<b>Run:</b> 20 min (walk/run intervals, track workout for speed) or steady state run	Rest Day	<b>Bike:</b> 45 min	<b>Swim:</b> 200 m  <b>Run:</b> 20 min (walk/run intervals) or steady state run
		<b>Base Building Week 2</b>				
<b>Week 2:</b> Rest Day	<b>Bike</b> 40 min	<b>Swim</b> 350 m	<b>Run</b> 25min (walk/run intervals), track workout for speed, or steady state run	Rest Day	<b>Bike</b> 50 min	<b>Swim</b> 350 m  <b>Run</b> 30 min (walk/run intervals) or steady state run
		<b>Base Building Week 3</b>				
<b>Week 3:</b> Rest Day	<b>Bike</b> 45 min	<b>Swim</b> 500m	<b>Run</b> 30 min (walk/run intervals), track workout for speed, or steady state run	Rest Day	<b>Bike</b> 60 min	<b>Swim</b> 500 m  <b>Run</b> 40 min (walk/run intervals) or steady state run
		<b>Recovery Week</b>				
<b>Week 4:</b> Rest Day	<b>Bike</b> 30 min	<b>Swim</b> 250 m	<b>Run</b> 20min (walk/run intervals), track workout for speed, or steady state run	Rest Day	<b>Bike</b> 20 min	<b>Swim</b> 15 min  <b>Run</b> 20 min (walk/run intervals) or steady state run



## Cycle 2: Four Weeks Out From Race Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>Final Building Week 1</b>			
Rest Day	<b>Bike</b> 40 min <b>Run</b> 20 min	<b>Swim</b> 500 m	<b>Run</b> 30 min (walk/run intervals), track workout, or steady state run	Rest Day	<b>Bike</b> 40 min <b>Run</b> as soon as you get off the bike for 15 min	<b>Swim</b> 300 m  <b>Run</b> 22 min (1 min walk/2:30 min run) or steady state run
			<b>Final Building Week 1</b>			
Rest Day	<b>Bike</b> 50 min <b>Run</b> 30 min	<b>Swim</b> 600 m	<b>Run</b> 45 min (walk/run intervals), track workout, or steady state run	Rest Day	<b>Bike</b> 50 min <b>Run</b> as soon as you get off the bike for 20 min	<b>Swim</b> 350 m  <b>Run</b> 24 min (1 min walk/3 min run) or steady state run
			<b>Final Building Week 1</b>			
Rest Day	<b>Bike</b> 60 min <b>Run</b> 40 min	<b>Swim</b> 700 m	<b>Run</b> 60 min (walk/run intervals) or steady state run	Rest Day	<b>Bike</b> 60 min <b>Run</b> as soon as you get off the bike for 30 min	<b>Swim</b> 350 m  <b>Run</b> 26 min (1 min walk/4 min run) or steady state run
			<b>Final Building Week 1</b>			
Rest Day	<b>Bike</b> 30 min <b>Run</b> 15 min	<b>Swim</b> 350 m	<b>Run</b> 30 min steady state run at race pace	Rest Day	<b>Swim:</b> 10 min <b>Bike</b> 10 min <b>Run</b> 5 min	<b>Race</b>  <b>Day!</b>

## Training notes about the program and its structure:

This is an introductory training plan designed to prepare an individual for their first Short Course triathlon. Individual adaptations to training will vary and this program is structured to get you across the finish line.

This program is based on a principle called “periodization” which basically means you build up your training over three weeks, then take a lighter week to recover from any fatigue and muscle damage that happened during this time. Don’t worry about those words “fatigue” and “muscle damage” as that is what will help you improve. As your body heals during the recovery week, it is rebuilding itself to become stronger and more resilient to the new physical demands you are going to be putting on it in the next cycle.

- The distances and times outlined in the plan are based on the Golden Rule that you only increase your duration by 10% a week
- You will likely swim, bike and run for more distance than the race actually requires during a week of training. This is necessary to complete the race which is good because it will prepare you for completing all three events together.

### **If you can’t complete the workouts as they are laid out, that is okay.**

- The schedule says “Monday do this, Tuesday do that...” However, feel free to reorganize the plan to suit your schedule – training for a triathlon should not take over your life, but enhance it. If you are busy on Tuesday and you can’t do Tuesday’s workout until Wednesday or Friday is when you can squeeze it in, that is fine.
  - **The important thing is that you are challenging yourself to try something new. Improve your physical and mental fitness, which will result in a tremendous sense of accomplishment when you cross the finish line, and leave you with a healthier you than you were before you started training!**
- Just remember to leave a minimum of 2 days of no swim, bike, or run training a week to allow for recovery and to prevent injuries. Even the pros build days off into their training!
  - However, during the days off, a *really good idea* is to do some core strengthening
  - Here is a good workout to model after. There are 16 exercises, so maybe pick 6 to 8 of them and cycle through them over the course of the week. Half on the first rest day and half on the second
    - <http://twotri.com/2013/04/16-triathlon-exercises/>
    - Increase the repetitions over time. It says “do 20”, but if you can’t do 20 and you tire out at 10, then start there.
- This program focuses on building up endurance in order to complete the race and does not factor in speed or interval training. It is suggested that you work to build up your endurance first before you start adding in higher intensity training and speed to your training

## Swim:

- Take some lessons! Consider taking some swimming lessons at the Canada Summit Center. We have excellent adult programs run by Jane Wolfe who is TriMuskoka's Swim Mentor. There are also great lessons during the day if that suits your schedule better.
  - If you are from out of town, then check into your local pool schedule and sign up for some lessons and workouts!
- Don't feel like you have to swim it all at once: At the beginning you may need to stop at the end of the pool to catch your breath after every length, but work to build up so that you can see how far you can go continuously without stopping. If it says to swim 200m, and you can only do 25m at a time, that is fine! Build yourself up so that you can do 50m at a time, and so on until eventually you will be able to string all of the lengths together (FYI: 1 lap of the Canada Summit Centre pool is 25m)
  - Mix it up: A common misconception is that you have to swim the whole swim in a triathlon doing the front crawl. There is no reason why you can't roll over onto your back if you get a bit tired and swim on your back, or do the breaststroke.
- Do a workout in the pool: It is good to be able to swim steadily for the distance you are going to be swimming, but doing a workout where you break up the workout into shorter distances with more intensity mixed with swimming drills, certainly does help make you a better swimmer in the long run and you will be able to do the distance on race day.
  - Where to find good workouts: our club likes these resources for swim workouts, and you can cut the repetitions (how many sets) and/or the distances of each set down to suit your skill and time
    - <http://www.coachcox.co.uk/category/swim-sessions/>
    - <http://triathlon.competitor.com/tag/quick-set-friday>
  - Drills: if you see a drill on a workout and don't know how to do it, just search it on youtube as a lot of them are on there with good videos showing you how to do it.
- Get into the lake: If you have never swam in a lake before, make sure that you do so before race day. Camp Kitchen and the dock behind the Active Living Centre at the Canada Summit Centre is open to the public and getting in the water before race day to take a look around at what race day will look like is a good idea.
  - Buy, rent, or borrow a wetsuit: wetsuits will keep you warm, but they will also help you float, which makes you are more efficient in the water as your feet won't be dragging like anchors. Try it out before race day though as sometimes swimming in a wetsuit takes a bit of practice.
  - See where you are going: one thing you don't have in a lake is a nice big black line on the bottom guiding you where to go like you have in the pool. So, you have to look up every once in awhile to see if you are going in the right direction. Try this while swimming in the pool for practice by looking at something above the water at the end of the pool.

## **Bike:**

- Keep it simple: If you are new to the sport, don't feel that you need a fancy road or triathlon bike to complete the race – many first timers will use a mountain bike, or whatever they have at home and are used to riding
  - P.S. Don't try a new bike out on race day!
- Take the time to learn how to cycle efficiently: Maintain a steady pace when you are biking. It is ok if your average pace is slower on the longer weekend rides as their purpose is to increase endurance.
  - Think of the pedal stroke as one big circle where you push over the top, press down at the front side of the stroke, scrape your shoe along the bottom, and then pull the pedal up (if you have baskets on your pedals or are clipped in) back to the top of the stroke
    - Look at this: <http://www.bicycling.com/training-nutrition/training-fitness/perfect-pedal-stroke>
    - Watch this video: <http://youtu.be/a0WBEsV1Ceg>
- You can bike anywhere: But our club members have some favourite places to bike that you might not know of:
  - Here are some great cycling routes that our club members like to go bike on:  
<http://trimuskoka.com/trimuskoka-training/cycling/>
  - But please follow some simple rules to keep you safe while on the road. Visit TriMuskoka's safety page at:  
<http://trimuskoka.com/trimuskoka-training/training-safety-muskoka-region/>

## **Run:**

- Walking is okay: Depending on your past experience with running, you may want to start with a walk/run program – do not feel that you need to run for the entire duration of the run time.
  - Depending on your fitness level and/or comfort with running it could be 1 minute run, 1 minute walk or even 1 minute run followed by 2 minutes of walking.
  - The goal of a run/walk program is to slowly build up your endurance and the length of time you can run before taking a walk break.
  - Add walk intervals in before you get tired so that you don't injure yourself.
- But over time, walk less and run more: As the weeks progress you will find that you are able to run for longer, or take shorter walk breaks as you adapt to running.
  - There are many people who swear by 10 and 1's (run 10 minutes, walk for 1 minute) and do that for all of their training runs and races (the Running Room is a big proponent of this training methodology).
- You can run anywhere there are roads:
  - Here are some great running routes that our club members like to go run on:  
<http://trimuskoka.com/trimuskoka-training/running/>
  - But please follow some simple rules to keep you safe while on the road. Visit TriMuskoka's safety page at:  
<http://trimuskoka.com/trimuskoka-training/training-safety-muskoka-region/>
- Running on a treadmill is okay: There is research to support that running on a treadmill is equal to running outside. However, you have to keep the "perceived effort" the same. That means that running on a treadmill should feel as difficult as it does running outside. Use the treadmill to do interval workouts. This means you run hard for short bursts, and jog easily for longer periods. Repeat)

## **Brick Workouts**

Brick workouts are ones where you do two sports on the same day with no rest or a very short rest between the different sports. These kinds of workouts are important to help get you used to the feeling of biking after you have been swimming, or running when you get off the bike (yes, your legs will feel a bit wobbly).