

2015 Intermediate Level Triathlon Training Program

By Sean Molina



(Please note that this plan is generic and individual athletes may require modification for optimal performance. It is intended only as a framework for training structure. The following program would work quite well in preparing you for the May 30th, **Tri For Fun Triathlon**. (Please read the disclaimer on the back page before starting the program)

PROGRAM NOTES

SWIMMING

- If new to swimming, a coached program will be incredibly beneficial to your swimming progress.

CYCLING

- Your emphasis at this stage of fitness should be on what's referred to as **spinning**, working on a high cadence of 90 to 100 rpms (revolutions per minute). Not only will you be building more neuromuscular efficiency, you will also receive a greater cardiovascular benefit. Additionally, you will be more apt to avoid some of the injury pitfalls of cycling. A cycling computer would be very useful in monitoring your cadence so that your spinning is consistent.

RUNNING

- If possible, do most of your running on good, smooth **trails** to avoid concrete and pavement.
- A good **warm-up** is very important. A recommendation is to start with a 3 min walk, 3 minute light, slow jog, then 5 minutes light, gentle stretching. THEN start your run. There's overwhelming consensus in athletic community that having blood flowing to your muscles is a must before stretching. NEVER stretch a cold muscle.
- **Cool-down** is very important to your recovery for the next workout. Walking for at least 5-10minutes at the end of your run not only improves recovery, but has aerobic benefits more than you might think. Post-workout is a great time to **stretch**.

STRENGTH SESSIONS

- Strength training should be **gradually introduced** into the training program, and should not cause excess muscular soreness or detract from key weekly sessions...in your first 2 weeks be very conservative!
- Strength sessions need only last for 20-30 minutes, and should include 2-3 sets of each exercise with each set comprising of 15-20 reps. Your first priority should be to strengthen your **core**.

Description of Rate of Perceived Exertion (RPE)

Rate of Perceived Exertion pertains to how hard you feel your body is working. It refers to the physical sensations you may experience during physical activity, including increased breathing rate, heart rate, muscle fatigue, and increased sweating. Although it is subjective in nature, your exertion rating may provide a fairly good estimate of your actual heart rate during physical activity. You will certainly get better at utilizing this very important training tool over time.

ZONE	RPE	DESCRIPTION	EFFECT ON SPEECH
1 (Recovery)	<5	Very Easy	Could sing the “Star Spangled Banner” & hit high note w/ ease
2 (Aerobic)	6	Easy	Can carry on a fairly normal conversation
3 (Tempo)	7	Comfortably Hard	Conversation is somewhat affected by breathing
4 (Sub-Threshold)	8	Hard	Sentences are very short and labored
5 (Super-Threshold)	9	Very Hard	Can mutter a few words at a time
5a (Aerobic Capacity)	10	Maximum Effort	Tongue hanging out of mouth

PROGRAM PRINCIPLES & EXPLANATIONS

Principles:




















































- During the **first month**, consistency and establishing a training routine are key.
- During the **first year** of comprehensive training, the most important focus for development is on aerobic work on a consistent basis. Aerobic work is characterized as low to moderate intensity, pushing your limits of duration...not speed.
- After the first 4 week training cycle of the program, you'll see that the subsequent cycles have 3 week progressive increases in workload followed by a significant reduction in workload for the **fourth week** to allow for recovery and injury prevention.
- Strength should have as its focus strengthening of the core, and on use light weight with high reps.

Explanations:

- Swim distances refers to total **freestyle stroke** swimming. It is recommended that you also do a minimum of 100m freestyle kick. If you are relatively new to swimming, recommended that you do short segments, such as 50 or 100 meters, with close to full recovery, so that you can focus on proper swimming mechanics. Extend the distance of your intervals as you get stronger. Joining a masters program would be ideal.
- The prescribed **Tempo bike riding** is the time you are riding largely uninterrupted and steady at a "comfortably hard" effort.
- Tempo runs should include a 5min walk/jog warm-up and a 5min cool-down walk/jog. Running on stable and smooth trails is preferable to pavement for injury prevention.

























































Olympic Distance **Intermediate** Program (by Sean Molina)





































Weeks 1 - 4

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Week 1	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	
	DAY OFF	 Moderate Run 40min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 30 min RPE 7	 Long Swim 1400 meters RPE 6  Strength	 Long Run 50 min RPE 6	 Long Bike 120 min RPE 6	 2,400m
			 Tempo Bike 60 min RPE 7		 Moderate Bike 90 min RPE 6 & 7			 270 mins
Week 2	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	
	DAY OFF	 Moderate Run 40 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 30 min RPE 7	 Long Swim 1400 meters RPE 6  Strength	 Long Run 50 min RPE 6	 Long Bike 120 min RPE 6	 2,400m
			 Tempo Bike 60 min RPE 7		 Moderate Bike 90 min RPE 6 & 7			 270 mins
Week 3	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	
	DAY OFF	 Moderate Run 40 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 30 min RPE 7	 Long Swim 1400 meters RPE 6  Strength	 Long Run 50 min RPE 6	 Long Bike 120 min RPE 6	 3,400m
			 Tempo Bike 60 min RPE 7		 Moderate Bike 90 min RPE 6 & 7	 Moderate Swim 1000 meters RPE 6 & 7		 270 mins
Week 4	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5	
	DAY OFF	 Moderate Run 40 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Easy Run 30 min RPE 6	 Long Swim 1400 meters RPE 6  Strength	 Easy Run 40 min RPE 6	 Long Bike 120 min RPE 6	 3,400m
			 Easy Bike 60 min RPE 6		 Moderate Bike 90 min RPE 6 & 7	 Moderate Swim 1000 meters RPE 6 & 7		 270 mins
								 110 mins

Olympic Distance **Intermediate** Program (by Sean Molina)

Weeks 5 - 8

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Week 5	Apr 6	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12	
	DAY OFF	 Moderate Run 40min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 30 min RPE 7	 Long Swim 1500 meters RPE 6  Strength	 Long Run 60 min RPE 6	 Long Bike 120 min RPE 6	 3,700m  330 mins
			 Tempo Bike 90 min RPE 7		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1200 meters RPE 6 & 7		 130 mins
Week 6	Apr 13	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19	
	DAY OFF	 Moderate Run 50 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 40 min RPE 7	 Long Swim 1500 meters RPE 6  Strength	 Long Run 60 min RPE 6	 Long Bike 150 min RPE 6	 3,700m  360 mins
			 Tempo Bike 90 min RPE 7 & 8		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1200 meters RPE 6 & 7		 150 mins
Week 7	Apr 20	Apr 21	Apr 22	Apr 23	Apr 24	Apr 25	Apr 26	
	DAY OFF	 Moderate Run 50 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 40 min RPE 7	 Long Swim 1600 meters RPE 6  Strength	 Long Run 70 min RPE 6	 Long Bike 150 min RPE 6	 3,800m  360 mins
			 Tempo/Hills Bike 90 min RPE 7		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1200 meters RPE 6 & 7		 160 mins
Week 8	Apr 27	Apr 28	Apr 29	Apr 30	May 1	May 2	May 3	
	DAY OFF	 Moderate Run 40 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Easy Run 30 min RPE 6	 Long Swim 1400 meters RPE 6  Strength	 Easy Run 40 min RPE 6	 Long Bike 120 min RPE 6	 3,400m  270 mins
			 Easy Bike 60 min RPE 6		 Moderate Bike 90 min RPE 6 & 7	 Moderate Swim 1200 meters RPE 6 & 7		 110 mins

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Week 9	May 4	May 5	May 6	May 7	May 8	May 9	May 10	
	DAY OFF	 Moderate Run 50min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 40 min RPE 7	 Long Swim 1800 meters RPE 6  Strength	 Long Run 70 min RPE 6	 Long Bike 150 min RPE 6	 4,400m
			 Tempo/Hills Bike 90 min RPE 7		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1600 meters RPE 6 & 7		 360 mins
							 160 mins	
Week 10	May 11	May 12	May 13	May 14	May 15	May 16	May 17	
	DAY OFF	 Moderate Run 50 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 40 min RPE 7	 Long Swim 1800 meters RPE 6  Strength	 Long Run 70 min RPE 6	 Long Bike 180 min RPE 6	 4,400m
			 Tempo/Hills Bike 90 min RPE 7		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1600 meters RPE 6 & 7		 390 mins
							 160 mins	
Week 11	May 18	May 19	May 20	May 21	May 22	May 23	May 24	
	DAY OFF	 Moderate Run 40 min RPE 6 & 7	 Tempo Swim 1000 meters RPE 7  Strength	 Tempo Run 40 min RPE 7	 Long Swim 1800 meters RPE 6  Strength	 Long Run 60 min RPE 6	 Long Bike 150 min RPE 6	 4,400m
			 Tempo/Hills Bike 90 min RPE 7		 Moderate Bike 120 min RPE 6 & 7	 Moderate Swim 1600 meters RPE 6 & 7		 360 mins
							 120 mins	
Week 12	May 25	May 26	May 27	May 28	May 29	May 30	May 31	
	DAY OFF	 Tempo Swim 800 meters RPE 7	 Tempo Bike 90 min RPE 7	DAY OFF	 Easy Swim 400 meters RPE 6 & 7	RACE!!! Tri For Fun Triathlon		 1,200m
		 Tempo Run 30 min RPE 8			 Easy Bike 60 min RPE 6 & 7			 150 mins
							 30mins	

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