

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











































Sprint Distance **BEGINNER** Program (by Sean Molina)

Weeks 5 - 8

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Week 5	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 800 meters RPE 6 & 7  Strength	 Tempo Bike 30 min RPE 7	 Moderate Swim 600 meters RPE 6 & 7	DAY OFF	 Long Run 35 min RPE 6	 Long Bike 60 min RPE 6	 1,400m  90 min  55 min 
				 Tempo Run 20 min RPE 7				
Week 6	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 1,000 meters RPE 6 & 7  Strength	 Tempo Bike 45 min RPE 7 & 8	 Moderate Swim 600 meters RPE 6 & 7	DAY OFF	 Long Run 35 min RPE 6	 Long Bike 70 min RPE 6	 1,600m  115 min  60 min 
				 Tempo Run 25 min RPE 7				
Week 7	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 1,000 meters RPE 6 & 7  Strength	 Tempo Bike 45 min RPE 7 & 8	 Moderate Swim 800 meters RPE 6 & 7	DAY OFF	 Long Run 40 min RPE 6	 Long Bike 80 min RPE 6	 1,800m  125 min  65 min 
				 Tempo Run 25 min RPE 8	 Moderate Bike (OPTIONAL) 30 min RPE 6	 Moderate Swim (OPTIONAL) 500 meters RPE 6 & 7		
Week 8	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 800 meters RPE 6 & 7  Strength	 Tempo Bike 30 min RPE 7	 Moderate Swim 800 meters RPE 6 & 7	DAY OFF	 Long Run 30 min RPE 6	 Long Bike 60 min RPE 6	 1,600m  90 min  50 min 
				 Tempo Run 20 min RPE 7				

Sprint Distance **BEGINNER** Program (by Sean Molina)

Weeks 9 - 12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Week 9	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 1,000 meters RPE 6 & 7  Strength	 Tempo Bike 30 min RPE 7	 Moderate Swim 800 meters RPE 6 & 7	DAY OFF	 Long Run 40 min RPE 6	 Long Bike 60 min RPE 6	 1,800m  90 min  65 min 
				 Tempo Run 25 min RPE 7				
Week 10	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 1,000 meters RPE 6 & 7  Strength	 Tempo Bike 45 min RPE 7 & 8	 Moderate Swim 800 meters RPE 6 & 7	DAY OFF	 Long Run 45 min RPE 6	 Long Bike 70 min RPE 6	 1,800m  115 min  35 min
				 Tempo Run 25 min RPE 7	 Moderate Bike (OPTIONAL) 30 min RPE 6	 Moderate Swim (OPTIONAL) 500 meters RPE 6 & 7		
Week 11	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Long Swim 1,000 meters RPE 6 & 7  Strength	 Tempo Bike 30 min RPE 7 & 8	 Moderate Swim 800 meters RPE 6 & 7	DAY OFF	 Long Run 40 min RPE 6	 Long Bike 80 min RPE 6	 1,800m  110 min  35 min 
				 Tempo Run 25 min RPE 8				
Week 12	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
	DAY OFF	 Tempo Swim 500 meters RPE 7	 Tempo Bike 35 min RPE 7	DAY OFF	 Easy Swim 300 meters RPE 6 & 7	RACE!!!		 800m  65 min  20 min
		 Tempo Run 20 min RPE 8			 Easy Bike 30 min RPE 6 & 7			

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