**TRAIN FOR YOUR FIRST TRI**

**THESE PLANS WILL TAKE YOU FROM ZERO TO TRIATHLON HERO IN THREE MONTHS**

**Meet the expert**

**Phil Mosley**

Coaching editor of Triathlon Plus, Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester.

**IF YOU’RE** planning on doing your first triathlon this spring, you need to start training now. There are two 12-week training plans here, ideal for getting you fit for either a sprint or an Olympic-distance triathlon.

For first-timers, Olympic and sprint distance triathlons are perfect introductions to the world of triathlon. A sprint triathlon (750m swim, 20km bike, 5km run) is often more intense, whereas an Olympic triathlon is twice the distance, and requires more endurance. Whichever race you decide upon, these plans will give you the fitness you need to complete your first triathlon.

These plans assume you’re a relative newcomer to all three triathlon disciplines, but if you’re already strong at one aspect of triathlon, be it swimming, cycling or running, there’s no reason why you can’t do more than I’ve suggested for that sport. For example, if you’re a strong swimmer, you could do as much as double the distance I’ve set. Just balance it, so you’ve got enough energy left to focus on your weaker disciplines throughout the week. Make sure you check out the Key.

I’ve given you instructions on how to structure your swim training, but I’d rather you went to coached training sessions (such as sessions run by your local tri club), or at least paid to go on a video swim analysis session for the day. I’ve also included a few open-water swim sessions, and if your target race is open water, the more you can practise the better. Swimming in a lake, river or ocean feels totally different from your local pool.

Aside from that, all you need to do is train. You may find you can’t always fit the session in on the day I’ve suggested, but you can always swap the sessions around. Just try not to catch up on any sessions you miss, because it can make you too tired, as well as increasing your injury risk.

**To do these plans, you should be able to:**

1. Swim 200m non-stop, preferably front crawl
2. Ride your bike for at least 45 minutes
3. Run non-stop for 20 minutes

**How it works**

Get your guide ready to go

- Cut out the guide following the dotted outline
- Fold the guide in quarters using the fold guides
- Now carry it with you for reference while training
**YOUR FIRST TRIATHLON:**

**INTENSITY TRAINING ZONES**

**Using these** training zones will help you train at the right intensity for each session. This helps me to develop specific aspects of your fitness, as well as making sure you don’t overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your observed maximum heart rate to calculate your Zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

At this stage, your training should mainly be within Z1 to Z4.

- **Z1** Recovery
  - 60 to 65% of max. Easy pace, feels nice and light
- **Z2** Steady
  - 65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to
- **Z3** Tempo
  - 75% to 80% of max. Fairly hard, but sustainable pace
- **Z4** Race tempo
  - 80 to 90% of max. Hard pace, sustainable, but requires real focus
- **Z5** Red line
  - 90% to 100% max. Very hard, requires real focus, not sustainable for long

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**THE PLAN SPRINT**

**FOLD 1**

**Your first triathlon**

**SPRINT DISTANCE**

**WEEK 01**

- **Type Swim Distance**: 500m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Swim Distance**: 500m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Swim Distance**: 500m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Brisk Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

**WEEK 02**

- **Type Swim Distance**: 600m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Swim Distance**: 500m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Swim Distance**: 500m
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: 10x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Brisk Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

**WEEK 03**

- **Type Swim Distance**: 600m
  - Instructions: 8x25m, alternating 25m freestyle, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Swim Distance**: 700m
  - Instructions: 8x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

**WEEK 04**

- **Type Swim Distance**: 500m
  - Instructions: 8x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Swim Distance**: 400m
  - Instructions: 8x25m, alternating 25m freestyle, 25m breaststroke, 30x60 seconds rest

- **Type Run Time**: 20 mins
  - Instructions: Steady run in Z2 or Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

- **Type Bike Time**: 1 hour
  - Instructions: Brisk run session. Cycle 50 minutes in Z2, swim 10 minutes in Z3

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**KEY**

- **MTB**: Off-road bike
- **FC**: Front crawl
- **B**: Backstroke
- **BREAST**: Breaststroke
- **PULL**: Pull buoy float
- **W/D**: With buoy float
- **U**: Upper body
- **D**: Lower body
- **W**: Warm up
- **D**: Cool down

**STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS**

**FEBRUARY 2011 Triathlon Plus**

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80 to 90% of max. Hard pace, sustainable, but requires real focus

Z5 (Z5) Red line
90% to 100% max. Very hard, requires real focus, not sustainable for long

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

YOUR 12-WEEK DISTANCE

TRIATHLON PLUS

THE PLAN OLYMPIC
### Training Zone

**WEEK 05**

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