

The Philadelphia Insurance Triathlon – June 27, 2010

0.93mile Swim | 24.8mile Bike | 6.2mile Run

Program Details

- This program also incorporates training for the Broad Street Run on Sunday, May 2nd.
- You have between 4 and 8 hours per week to train.
- This will ensure that you can do all three events together and cross the finish line!
- Adjust as needed, however, ALWAYS leave minimum 1-2 days of NO TRAINING each week. Your body will thank you and will prevent injuries.

Notes

- Each Discipline has a short and long session per week. If doing any speed work or training at higher heart-rate zones, do them on the short sessions. Always keep your long sessions easy-going.
- The Short session will be 60% of the long session.
- Week 4 of Month 1, 2 and 3 is a 40% reduction in duration to facilitate rest and healing.
- You only increase your duration on week 2 and 3 by 10% a week. A golden rule.
- The last month incorporates your peak duration followed by 2 weeks of tapering so your body can appropriately rest and heal to get ready for your race day. YOU WILL NOT LOSE PERFORMANCE! This tapering is very necessary.
- If you find you can't make a day of training, don't fret...relax, your body will welcome the opportunity for rest. Move it back a day, double up or just let it go.

Swim

- Speed Workouts - Do these workouts on Saturday's Swim. These workouts should include shorter swims with recovery in between but focusing on swimming fast (ex. 5 x 100s, then 10 x 50s – rest in between).
- Endurance Workouts – Do these workouts on Wednesday's Swim. Swim a straight 500, mixing whatever strokes in with your freestyle to finish, get your time, this will be your base for long workouts, as you build endurance this time should decrease (ex. 3 x 500 matching your base time each swim) Strength - these workouts include 'medium' distance swims (ex. 4 x 200s with little recovery time in between), also mix in some other strokes and kicking. Try to include some stroke drill work in every workout.

Bike

- Start out at an easy pace at a higher cadence for 10 minutes to get the blood flowing to your muscles. Then spin for a few minutes at normal cadence at about 75% of your pace Stretch. Transition to your regular cadence and workout.
- On spinning, work on a high cadence, this builds efficiency, try to keep your pedal stroke even and circular. For strength, ride with hills.
- For cool-downs, slow your pace and increase your cadence for the last 5-10minutes. Cool-downs eliminate lactic acid, bring your heart-rate to normal and prevent muscle cramps.

Run

- A good warm-up is imperative to a safe run. Doing this will get some blood flowing to your muscles before stretching. NEVER stretch a cold muscle.
- If you find that you start getting tired midway through your run, add some walking intervals BEFORE getting tired.
- Cool-down. Very important. Cool-downs eliminate lactic acid, bring your heart-rate to normal and prevent muscle cramps. Walk for at least 5-10 minutes. The more the better.