

2012 Joe's Team Training Program



NOTE - This document outlines the suggested preparation for the Triathlon for a beginner / novice athlete. **Aim for 80% completion of this program (or better) and you will make it to the finish no problem!** (Prepared by Steve Merker. Email: steve.merker@pmhf.ca)

March 2012 - Joe's Team Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Be Active! Skiing, weights, walking, yoga...anything!			1 Walk - 20 minutes	2	3	4 Walk - 20 minutes
5 Swim 200-400 metres > 100 metres is 4 lengths (if the pool is 25 m)	6	7 Bike EZ 15 minutes (light spinning on a stationary bike)	8	9	10	11 Walk - Run - 2 min walk, 1 min run for 20 minutes total
12 Swim 200-400 metres	13	14 Bike EZ 20 minutes	15 Walk 25 minutes	16	17	18 Walk - Run - 2 min walk, 1 min run for 20 minutes total
19 Swim 300-400 metres	20	21 Bike EZ to moderate effort 20 minutes	22 Walk - Run 2 min walk, 1 min run for 20 minutes total	23	24	25 Walk - Run - 1 min walk, 1 min run for 20 minutes total
26 Swim 400-600 metres	27	28 Bike 20 minutes (5 minutes easy, 10 minutes 'moderate' and 5 minutes easy)	29 Swim 400-600 metres	30 Walk - Run - 1 min run, 1min walk for 25 minutes total	31	

March TIPS

- The main thing with any training program is fitting into your schedule. Alter this schedule according to your life and when you can fit in the training. Remember - don't get frustrated if you miss the occasional session. Hitting 80% or better of this program will ensure you get through the triathlon in July.
- Feel free to replace any of these 'workouts' with something you are already doing or enjoy...cross training is good in the early stages of your triathlon training journey.
- Consider joining your local masters swim program – swimming with others helps immensely and a coach will help you improve!

April 2012 - Joe's Team Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Bike EZ 20 minutes
2 Walk - Run - 1 min run, 1 min walk for 20 minutes total	3 Swim 400-600 metres	4	5 Bike 20 minutes EZ	6 Walk - Run - 2 min run, 2 min walk for 20 minutes total	7	8 Swim 300-500 metres
9 Bike 25 minutes EZ	10 Walk - Run -2 min run, 1 min walk for 20 minutes total	11	12 Swim 300-500 metres	13 Bike 25 minutes	14	15 Walk - Run -2 min run, 1 min walk for 25 minutes total
16 Swim 300-500 metres	17 Bike 25 minutes (5 minutes easy, 15 minutes 'moderate' and 5 minutes easy)	18	19 Walk - Run -3 min run, 1 min walk for 25 minutes total	20 Swim 300-600 metres	21	22 Bike 30 minutes
23 Walk - Run 3 min run, 1 min walk for 30 minutes total	24 Swim 400-600 metres	25	26 Run 20 minutes straight	27	28	29 Swim 400-700 metres

April TIPS

- Make sure you have your bike 'fitted' to you. This will ensure the most comfortable and efficient riding. Visit your local bike shop for more information on getting your bike fitted.
- Try and join training groups for the bike rides. Riding solo all the time can be boring!
- Get outside on your bike in April – training on the bike you plan to use in the race is important.

May 2012 - Joe's Team Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 30 Bike 30+ minutes	1 Swim 400-700m	2 Bike 20+ minutes	3 Run 20 minutes	4	5	6 Swim 400-700m
7 Bike + Run back to back (BRick) 15km bike + 4 km run	8	9 Bike 30+ minutes	10 Run 25 minutes	11	12 Swim 400-700m	13 Bike 40+ minutes
14 Run 4.5+ km	15 Swim 400-700m	16	17 Run 30 minutes	18	19 Swim 500-800m	20 Bike 50+ minutes
21 Run 5 + km	22 Swim 400-900m	23 Bike 35+ minutes	24 Run 30 minutes	25	26 Swim 500-900m	27
28 Bike + Run back to back (BRick) 20km bike + 4 km run	29 Swim 600-900m Do 7 repeats of 50m 'fast' taking 45 seconds rest between each 50m	30 Bike 30-60 minutes	31 Run 20 + min			

May TIPS

- Take advantage of the Bike/Run back to back workouts to get used to the feel of running after a good bike ride
- Check out the Joe's Team website for group training workouts. Training with others is more enjoyable and makes the time fly by!
- Arrange your workout to have an easy 'warm-up' period, followed by the main portion of the workout, and concluded with an easier 'warm-down' period.

June 2012 - Joe's Team Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Swim 600-1000m	3 Bike 20+ km
4 Run 5.5 km	5 Swim 800 + m	6	7 Run 25+ min	8	9 Swim 700-1200m	10 Bike 25+ km Alternate biking 'fast' for 2 minutes with cruising easy for 2 minutes (do this 5x)
11 Run 6km	12 Swim 700-1000m	13 Bike 30-60 minutes	14 Run 25 - 30 min Alternate running 'fast' for 2 minutes with jogging easy for 2 minutes (do this 5x)	15	16 Swim 700-1200m	17
18 Bike + Run back to back (BRick) 20km bike + 5 km run	19	20 Bike 30-60 minutes	21 Run 30 min Alternate running 'fast' for 2 minutes with jogging easy for 2 minutes (do this 6x)	22	23 Swim 700-1200m	24 Bike 30km Alternate biking 'fast' for 2 minutes with cruising easy for 2 minutes (do this 5x)
25 Run 6.5 km	26 Swim 800-1100m Do 6 repeats of 100 metres 'fast' taking 45 seconds rest between each 100m	27 Bike 30-60 minutes	28 Run 25 minutes Alternate running 'fast' for 2 minutes with jogging easy for 2 minutes (do this 5x)	29 Swim 800-1500m Do 5-6 repeats of 100 metres 'fast' taking 45 seconds rest between each 100m	30 Bike 20 km Alternate biking 'fast' for 2 minutes with cruising easy for 2 minutes (do this 5x)	

June TIPS

- Depending on your schedule, feel free to “double-up” workouts. IE. Do a Swim and Bike on Monday and take Tuesday off
- Not comfortable in open water? See if you can arrange swimming in a lake sometime this month to get used to swimming out in the open and ‘spotting’ items to guide you along the shoreline

July 2012 - Joe's Team Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Run 5 km EZ
2 Swim 900-1500m Do 5-6 repeats of 100 metres 'fast' taking 45 seconds rest between each 100m	3	4 Run 20-25 minutes EZ	5 Bike 25 minutes Alternate biking 'fast' for 2 minutes with cruising easy for 5 minutes (do this 2x)	6 Carbo load! (PASTA with meat sauce)	7 Race Day!	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

July TIPS

- Have a great race and enjoy Jim Cuddy following at the afterparty. You earned it!