

## The plan

# TRAIN FOR YOUR FIRST TRI

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

## Meet the expert

**Phil Mosley**

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**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 any sessions you miss, because it can make you too tired, as well as increasing your injury risk.

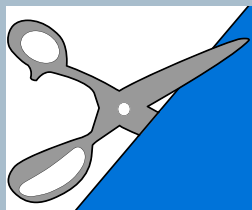
### To do these plans, you should be able to:

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

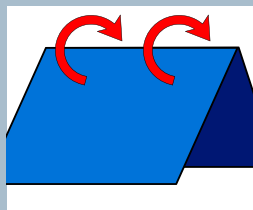


## How it works

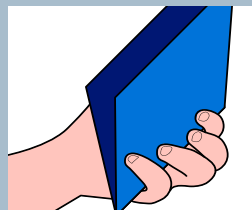
Get your guide ready to go



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





**Triathlon PLUS**  
**YOUR**  
**12-WEEK**  
**PLAN**

## Your first triathlon

# SPRINT DISTANCE

FOLD1

	WEEK 01	WEEK 02
Mon	<b>Type Swim Distance</b> 500m <b>Instructions</b> 10x25m, alternating 25m <b>fc</b> , 25m <b>breast</b> +30secs rests. 5x50m <b>kick</b> , alternating 25m <b>Z2</b> , 25m <b>Z4</b> +30secs rests	<b>Type Swim Distance</b> 600m <b>Instructions</b> 10x25m, alternating 25m <b>fc</b> , 25m <b>breast</b> +30secs rests. 10x25m, alternating 25m <b>pull</b> , 25m <b>pull ankles</b> +30secs rests. 100m <b>kick</b> in <b>Z3</b>
Tue	<b>Type Run Time</b> 20 mins <b>Instructions</b> Steady run in <b>Z2</b> or <b>Z3</b>	<b>Type Run Time</b> 20 mins <b>Instructions</b> Steady run in <b>Z2</b> or <b>Z3</b>
Wed	<b>Type Swim Distance</b> 500m <b>Instructions</b> 10x25m, alternating 25m <b>fc</b> , 25m <b>bi</b> +30secs rests. 5x50m, alternating 25m <b>fc</b> , 25m <b>breast</b> +30secs rests.	<b>Type Swim Distance</b> 550m <b>Instructions</b> 10x25m alternating 25m <b>fc</b> , 25m <b>breast</b> +30secs rests. 200m <b>kick</b> alternating 25m on <b>back</b> , 25m <b>kick</b> on front. 4x25m alternating 25m <b>pull ankles</b> , 25m <b>pull</b>
Thur	<b>Type Run Time</b> 20 mins <b>Instructions</b> 10mins in <b>Z2</b> , 4 mins in <b>Z4</b> (+1min rest), 5mins in <b>Z2</b>	<b>Type Run Time</b> 20 mins <b>Instructions</b> 10mins in <b>Z2</b> , 5 mins in <b>Z4</b> (+1min rest), 4mins in <b>Z2</b>
Fri	REST DAY	REST DAY
Sat	<b>Type Brick Time</b> 1 hour <b>Instructions</b> Bike to run session. Cycle 50mins in <b>Z2</b> , into run 10 mins in <b>Z3</b>	<b>Type Brick Time</b> 1 hour <b>Instructions</b> Bike to run session. Cycle 50mins in <b>Z2</b> , into run 10 mins in <b>Z3</b>
Sun	<b>Type Bike Time</b> 1 hour <b>Instructions</b> Steady bike, road or MTB. <b>Z2</b>	<b>Type Bike Time</b> 1 hour <b>Instructions</b> Steady bike, road or MTB. <b>Z2</b>

## 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

### KEY

**MTB** Off-road bike **FC** Front crawl **BACK** Backstroke **BREAST** Breaststroke **PULL** FC with pull-buoy float **PULL ANKLES** FC with pull-buoy between ankles **KICK** Kicking on front & holding float **FISTS** FC with closed fists **BI** Bilateral breathing (every 3 strokes) **W/U** Warm up **W/D** Warm down

### STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	<b>Type Swim Distance</b> 600m <b>Instructions</b> 8x25m as (1-2: <b>fc</b> head up, 3-4 <b>pull</b> , 5-6 <b>fists</b> , 7-8 <b>fc</b> ) +30secs rests. 200m <b>kick</b> alternating 25m in <b>Z2</b> , 25m in <b>Z4</b> . 8x25m alternating <b>fc/back/pull/fc</b> +30secs rests	<b>RECOVERY WEEK</b> <b>Type Swim Distance</b> 500m <b>Instructions</b> 10x25m, alternating 25m <b>fc</b> , 25m <b>bi</b> +30secs rests. 5x50m <b>kick</b> , alternating 25m <b>Z2</b> , 25m <b>Z4</b> +30secs rests
Tue	<b>Type Run Time</b> 20 mins <b>Instructions</b> Steady run in <b>Z2</b> or <b>Z3</b>	REST DAY
Wed	<b>Type Swim Time</b> 700m <b>Instructions</b> 8x25m alternating 25m <b>fc</b> , 25m <b>breast</b> . +30secs rest. 8x25m alternating 25m <b>fists</b> , 25m <b>breast</b> , 25m <b>fc</b> head up, 25m <b>fc</b> . +30secs rest. 200m <b>kick</b>	<b>Type Swim Distance</b> 400m <b>Instructions</b> 300m <b>fc</b> non-stop. 1minute rest. 100m <b>breast</b>
Thur	<b>Type Run Time</b> 20 mins <b>Instructions</b> 10mins in <b>Z2</b> , 6 mins in <b>Z4</b> (+1min rest), 3mins in <b>Z2</b>	<b>Type Run Time</b> 20 mins <b>Instructions</b> Steady run in <b>Z2</b> .
Fri	REST DAY	REST DAY
Sat	<b>Type Brick Time</b> 1 hour <b>Instructions</b> Bike to run session. Cycle 50mins in <b>Z2</b> , into run 10 mins in <b>Z3</b>	<b>Type Brick Time</b> 1 hour <b>Instructions</b> Bike to run session. Cycle 50mins in <b>Z2</b> , into run 10 mins in <b>Z3</b>
Sun	<b>Type Bike Time</b> 1 hour <b>Instructions</b> Steady bike, road or MTB. <b>Z2</b>	<b>Type Bike Time</b> 1 hour <b>Instructions</b> Steady bike, road or MTB. <b>Z2</b>

# TRAININGZONE

## SPRINT DISTANCE

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	<b>Type Swim Distance</b> 700m <b>Instructions</b> 10x50m, alternating 50m fc, 50m pull+30secs rests. 4x50m kick, alternating 25m Z2, 25m Z4+30secs rests	<b>Type Swim Distance</b> 700m <b>Instructions</b> 10x50m, alternating 25m fc, 25m breast+30secs rests. 4x50m kick, alternating 25m Z2, 25m Z4+30secs rests	<b>Type Swim Distance</b> 800m <b>Instructions</b> 8x50m as (1-2: fc head up, 3-4 pull, 5-6 fists, 7-8 fc)+30secs rests. 200m kick alternating 25m in Z2, 25m in Z4. 4x25m alternating fc/back/pull/fc.+30secs rests	<b>RECOVERY WEEK</b> <b>Type Swim Distance</b> 500m <b>Instructions</b> 10x25m, alternating 25m fc, 25m bi.+30secs rests. 5x50m kick, alternating 25m Z2, 25m Z4.+30secs rests
Tue	<b>Type Run Time</b> 25 mins <b>Instructions</b> Steady run in Z2	<b>Type Run Time</b> 25 mins <b>Instructions</b> Steady run in Z2	<b>Type Run Time</b> 25 mins <b>Instructions</b> Steady run in Z2	<b>REST DAY</b>
Wed	<b>Type Swim Distance</b> 700m <b>Instructions</b> 10x50m, alternating 50m pull, 50m bi.+30secs rests. 200m alternating 50m fc, 25m kick	<b>Type Swim Distance</b> 800m <b>Instructions</b> 10x50m, alternating 25m fc, 25m bi.+30secs rests. 6x50m, alternating 50m pull, 50m breast.+30secs rests	<b>Type Swim Distance</b> 800m <b>Instructions</b> 6x50m alternating 50m fc, 50m breast.+30secs rest. 8x25m alternating 25m fists, 25m breast, 25m fc head up, 25m fc.+30secs rest. 100m kick	<b>Type Swim Distance</b> 600m <b>Instructions</b> 400m fc non-stop. 1 minute rest. 200m breast
Thur	<b>Type Run Time</b> 25 mins <b>Instructions</b> 10mins in Z2, 2x4 mins in Z4 (+2mins rest), 5mins in Z2.	<b>Type Run Time</b> 25 mins <b>Instructions</b> 10mins in Z2, 4x2 mins in Z4 (+1mins rest), 4mins in Z2	<b>Type Run Time</b> 25 mins <b>Instructions</b> 10mins in Z2, 8 mins in Z4, 7mins in Z2	<b>Type Run Time</b> 20 mins <b>Instructions</b> Steady run in Z2
Fri	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
Sat	<b>Type Brick Time</b> 1 hour 15 <b>Instructions</b> Bike to run session. Cycle 1 hour in Z2, into run 15mins in Z3	<b>Type Brick Time</b> 1 hour 15 <b>Instructions</b> Bike to run session. Cycle 1 hour in Z2, into run 15mins in Z3	<b>Type Brick Time</b> 1 hour 15 <b>Instructions</b> Bike to run session. Cycle 1 hour in Z2, into run 15mins in Z3	<b>Type Brick Time</b> 1 hour <b>Instructions</b> Bike to run session. Cycle 50mins in Z2, into run 10mins in Z3
Sun	<b>Type Bike Time</b> 1 hour 15 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 3x3min efforts in Z4, with at least 3min recoveries in Z2	<b>Type Bike Time</b> 1 hour 15 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 3x3min efforts in Z4, with at least 3min recoveries in Z2	<b>Type Bike Time</b> 1 hour 15 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 3x3min efforts in Z4, with at least 3min recoveries in Z2	<b>Type Bike Time</b> 1 hour <b>Instructions</b> Steady bike, road or MTB. Z2
	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	<b>Type Swim Distance</b> 1,000m <b>Instructions</b> 4x100m, alternating 50m fc, 50m pull.+30secs rests. 2x100m kick, alternating 25m Z2, 25m Z4.+30secs rests. 4x100m, alternating 50m fc, 50m pull.+30secs rests	<b>Type Swim Distance</b> 1,000m <b>Instructions</b> 8x100m, alternating 25m fc, 25m breast.+30secs rests. 4x50m kick, alternating 25m Z2, 25m Z4.+30secs rests	<b>Type Swim Distance</b> 800m <b>Instructions</b> 8x50m as (1-2: fc head up, 3-4 pull, 5-6 fists, 7-8 fc).+30secs rests. 200m kick alternating 25m in Z2, 25m in Z4. 4x25m alternating fc/back/pull/fc.+30secs rests	<b>RECOVERY WEEK</b> <b>Type Swim Distance</b> 1,000m <b>Instructions</b> 4x100m, alternating 50m fc, 50m pull.+30secs rests. 2x100m kick, alternating 25m Z2, 25m Z4.+30secs rests. 4x100m, alternating 50m fc, 50m pull.+30secs rests
Tue	<b>Type Run Time</b> 35 mins <b>Instructions</b> Steady run in Z2	<b>Type Run Time</b> 35 mins <b>Instructions</b> Steady run in Z2	<b>Type Run Time</b> 35 mins <b>Instructions</b> Steady run in Z2	<b>REST DAY</b>
Wed	<b>Type Swim Distance</b> 800m <b>Instructions</b> 4x100m, alternating 50m pull, 50m bi.+30secs rests. 400m alternating 50m fc, 25m kick	<b>Type Swim Distance</b> 800m <b>Instructions</b> 10x50m, alternating 25m fc, 25m bi.+30secs rests. 6x50m, alternating 50m pull, 50m breast.+30secs rests	<b>Type Swim Distance</b> 800m <b>Instructions</b> 6x50m alternating 50m fc, 50m breast.+30secs rest. 8x25m alternating 25m fists, 25m breast, 25m fc head up, 25m fc.+30secs rest 100m kick	<b>Type Swim Distance</b> 750m <b>Instructions</b> Swim open water if possible - up to 750m, depending on the distance you'll be racing
Thur	<b>Type Run Time</b> 30 mins <b>Instructions</b> 15mins in Z2, 2x4mins in Z4 (+2mins rest), 5mins in Z2	<b>Type Run Time</b> 30 mins <b>Instructions</b> 15mins in Z2, 4x2mins in Z4 (+1mins rest), 4mins in Z2	<b>Type Run Time</b> 30 mins <b>Instructions</b> 15mins in Z2, 8mins in Z4, 7mins in Z2	<b>Type Run Time</b> 30 mins <b>Instructions</b> 15mins in Z2, 4mins at top of Z4, 10mins in Z2
Fri	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
Sat	<b>Type Brick Time</b> 1 hour 30 <b>Instructions</b> Bike to run session. Cycle 1 hour 15mins in Z2, into run 15mins in Z3	<b>Type Brick Time</b> 1 hour 30 <b>Instructions</b> Bike to run session. Cycle 1 hour 15mins in Z2, into run 15mins in Z3	<b>Type Brick Time</b> 1 hour 30 <b>Instructions</b> Bike to run session. Cycle 1 hour 15mins in Z2, into run 15mins in Z3	<b>Type Bike Time</b> 45 mins <b>Instructions</b> Steady bike, road or MTB. Z2
Sun	<b>Type Bike Time</b> 1 hour 30 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 5x3min efforts in Z4, with at least 3min recoveries in Z2	<b>AM Type Bike Time</b> 1 hour 30 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 5x3min efforts in Z4, with at least 3min recoveries in Z2. <b>PM Type Swim Time</b> 20 mins <b>Instructions</b> Open-water swim. Get in your wetsuit and try swimming. Use this time to acclimatise, don't worry about the training distance and don't go alone	<b>AM Type Bike Time</b> 1 hour 30 <b>Instructions</b> Steady bike, road or MTB. Z2. Include 5x3 minute efforts in Z4, with at least 3 minute recoveries in Z2. <b>PM Type Swim Distance</b> 500m <b>Instructions</b> Swim 500m open water in your wetsuit, in company	<b>RACE DAY</b>