



Ultimate Rookie Triathlon Training Plan

Triathlon is accessible to everyone. It is not a sport for the just super elite athlete. 95% of the participants at most triathlons are just everyday people who choose to spend some of their time acting like kids again: Namely Swimming, Riding their Bike, and Running.

A beginner triathlon is much shorter and easier to complete than one might think. A typical beginner triathlon is a:

1. 300m to 500m swim
2. 10 to 14 mile Bike
3. 2 to 3 mile Run

In order to complete this event, the requirements are really simple. You need to:

- Be able swim for 5 minutes without drowning
- Have or borrow a bike that you can pedal and stop safely
- Walk for 30 minutes.

That's it! Almost seems to easy, right?

We'll it is easy. All you need to do is get out the door.

Here's a basic plan to follow if you are just getting started. It's only 3 workouts per week, with an optional 4th workout. Ideally, you'd want to start this about 6 to 4 weeks out from the event.

Workout #1 – The Swim

Find a nearby pool that has some time for lap swimming. Grab a friend - everything is better with you have someone to share it with. Once a week, go to the pool and swim. Start by just trying to swim 4 lengths. That's about 100 meters at your average pool. Take a break in between each length. Focus on being relaxed and taking your time. Reduce the rest and/or add more lengths each week. You want to build up to be able to swim 300 meters without rest.

Workout #2 – The Bike

Dust off your old bike, or find one that you can borrow from a friend. Any bike will do. 10 speed, mountain bike, beach cruiser, BMX, whatever. It just needs to have 2 wheels, roll, and have working brakes.

Just go for a ride through the neighborhood, or along the beach or local bike path. Try to ride for 20 minutes straight without stopping. If you get tired, slow down, but try to keep moving.

Add a few minutes each week. Once you are able to cruise around for 45 to 60 minutes, then you will be ready to ride in the triathlon

Workout #3 – The Run

The run workout should be the easiest to complete each week. It doesn't require you to go to a pool, or have any equipment other than a pair of shoes. Any athletic shoe will do.

Just get out the door. Try to go for at least 20 minutes. Start with a walk and try to build up to an easy run. Walk when you get tired, but keep moving.

Each week, try to run a little bit more and walk less. If you can run for 20 minutes with only a little bit of walking, then you will be ready for the triathlon.

Optional Workout

If you are able to complete the 3 workouts during the week, and you are looking for more, then try repeating one of the workouts. Alternatively, doing anything else that forces you to be active. Play soccer with your kid, shoot hoops with some friends, go for a long walk, do a yogo class at the gym.