

Month 3: the beginner's tri training calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	<p>Run 40 min Endurance run. + Fartlek Intervals (3 x 3 min. at race pace/ 3 min. easy recovery jog)</p> <p>Pilates or yoga 30 min</p>	<p>Swim 1500 yards total Warm-up 200 Drills 6x50 w/ :20 rest MainSet 8x100 w/ :15 rest Sprint 4x25 w/ :20 rest Cool-down 100</p>	<p>Bike 60 min. endurance ride + steady state intervals* (2x6 min effort w/4min active recovery) <i>*NOTE: A steady state interval is an RPE 8 on a scale of 1-10. This will be very similar to your race day effort). Do steady state intervals on a flat to slight uphill.</i></p> <p>Run 20 min. Recovery Run (easy pace)</p>	<p>Swim 1,400 yards total Warm-up 100 Drills 6x50 w/ :20 rest MainSet 4 x 200 w/ :30 rest Kick 3x50 w/ :20 rest Cool-down 50</p> <p>Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>Run 40 min. endurance run During this run, do a negative split: run the second 20 min. faster than the first</p> <p>Transitions 10 min. Set-up your race day equipment and practice your swim to bike and bike to run transitions</p>	<p>Bike 1 hr., 15 min. endurance ride</p> <p>Run 15 min. endurance run</p> <p>Core work 10 min.</p>
Week 2	REST	<p>Run 40 min. Endurance run. + Fartlek Intervals (4 x 3 min. at race pace/ 3 min. easy recovery jog)</p> <p>Pilates or yoga 30 min</p>	<p>Swim 1,500 yards total Warm-up 100 Drills 12x25 w/ :15 rest MainSet 800 straight Kick 4x50 w/ :20 rest Cool-down 100</p>	<p>Bike 60 min. endurance ride + steady state intervals* (2x6 min. effort w/4min active recovery)</p> <p>Run 20 min. Recovery Run (easy pace)</p>	<p>Swim 1,400 yards total Warm-up 100 Drills 7x50 w/ :15 rest MainSet 14x50 w/ :20 rest NOTE: on the odds, fast pace on the evens moderate pace Drills 3 x 50 w/ :20 rest Cool-down 100</p> <p>Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>BRICK workout* (do this on a stationary bike or set your bike on a trainer if you have one) Warm-up on bike 15 min. *3 min. endurance run; 8 min. steady state pace on bike; 2 min. endurance run; rest 5 min. Repeat once. Cooldown on bike 15 min.</p>	<p>Run 45 min. endurance run</p> <p>Core work 10 min.</p>
Week 3	REST	<p>Run 40 min. Endurance Run. + Fartlek Intervals (4 x 3 min. at race pace/ 3 min. easy recovery jog)</p> <p>Pilates or yoga 30 min.</p>	<p>Swim 1,600 total yards Warm-up 100 Drills 4x75 w/ :20 rest MainSet 400-300-200 r= :20 Kick 4x50 w/ :20 rest Cool-down 100</p>	<p>Bike 60 min. endurance ride + steady state intervals* (3x6 min. effort w/4min. active recovery)</p> <p>Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>Swim 1,300 yards total Warm-up 200 Drills 10 x 25 w/ :15 rest MainSet 9 x 75 w/ :20 rest NOTE: on the odds, fast pace on the evens moderate pace Kick 3 x 50 w/ :30 rest Cool-down 100</p> <p>Run 20 min. at an easy pace</p>	<p>Run 40 min. endurance run During this run, do a negative split: run the second 20 min. faster than the first</p> <p>TRANSITIONS: 10 min. Set-up your race day equipment and practice your swim to bike and bike to run transitions</p>	<p>Bike 1hr. 15min. endurance ride</p> <p>Core work 10 min.</p>
Week 4	REST	<p>Run 35 min. Endurance Run. + 5x1 min Fartlek intervals (1min. on/ 2 min. active recovery gradually pick up running speed while working on perfect running form, 1 min. easy jog between intervals)</p> <p>Pilates or yoga 30 min.</p>	<p>Swim 1,400 total yards Warm-up 100 Drills 7x50 w/ :20 rest MainSet 50-100-150-200-150-100-50 w/ :20 rest Sprint 4x25 w/ :20 rest Cool-down 50</p>	<p>Bike 60 min. endurance ride</p> <p>Core work 10 min.</p>	REST	<p>Run 20 min. endurance run plus four 10-sec. running strides (Rest 60 sec. between drills)</p> <p>Bike 20 min Recovery (shift through all your gears and make sure your bike is clean and shifting smoothly)</p> <p>Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	RACE DAY!!!