

12 Week Beginner - Immediate Sprint Triathlon Plan Guide for TriRidgefield 2023

	W/C	Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE PHASE	13-Mar-23	1	RELAX	Swim - 500 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 CD: 200 @ Z1 Easy intensity	Recovery Bike: 20 Minutes WU: 10 minutes @ recovery intensity CD: 10 minutes @ recovery intensity	Foundation Run: 20 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Base: 500 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 CD: 200 @ Z1 Easy intensity	Recovery Bike: 30 Minutes 30 minutes @ Z2 - Steady Endurance	Foundation Run: 20 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	20-Mar-23	2	RELAX - REST DAY	Swim Base: 700 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ steady endurance Z2 intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Recovery Bike: 30 Minutes WU: 10 minutes @ Z1 Easy intensity MS: 10 minutes @ Z2 steady endurance intensity CD: 10 minutes @ Z1 Easy intensity	Foundation Run: 20 Minutes WU: Run 10 minutes @ Z2 steady endurance intensity CD: Run 10 minutes @ Z2 steady endurance intensity	Swim Base: 700 Yards WU: 200 @ Z1 Easy Intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ Z2 steady endurance intensity, RI=0:10-15 CD: 200 @ Z1 Easy Intensity	Foundation Bike: 30 Minutes WU: 10 minutes @ Z2 steady endurance intensity MS: 3 x (3mins @ Z3 + 2 min Z2 Recovery) CD: 10 minutes @ Z2 steady endurance intensity Transition Run: 10 Minutes MS: Run 10 minutes @ Z2 steady endurance intensity immediately following today's bike workout	Foundation Run: 20 Minutes WU: Run 10 minutes @ Z2 steady endurance intensity CD: Run 10 minutes @ Z2 steady endurance intensity
	27-Mar-23	3	RELAX - REST DAY	Swim Base: 850 Yards WU: 200 @ Z1 Easy intensity 6 x 25 drills, RI=0:10 MS: 3 x 100 @ Z2 Steady Endurance intensity, RI=0:10-15 CD: 200 @ Z1 Easy intensity	Foundation Bike: 30 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 10 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Base: 850 Yards WU: 200 @ Z1 Easy intensity 6 x 25 drills, RI=0:10 MS: 3 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Foundation Bike: 30 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 10 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity

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BUILD PHASE The goal in this phase is to continue developing your aerobic fitness and endurance while also improving your efficiency and speed with some high-intensity training.	3-Apr-23	4	RELAX - REST DAY	Swim Base: 700 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Foundation Bike: 45 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 25 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Recovery Run: 20 Minutes MS: Run 20 minutes @ Z1 Easy intensity	Swim Base: 700 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Recovery Bike: 30 Minutes WU: 10 minutes @ Z1 Easy intensity MS: 10 minutes @ Z1 Easy intensity CD: 10 minutes @ Z1 Easy intensity Transition Run: 10 Minutes MS: Run 10 minutes @ Z2 Steady Endurance intensity immediately following today's bike workout	Recovery Run: 20 Minutes MS: Run 20 minutes @ Z1 Easy intensity
	10-Apr-23	5	RELAX - REST DAY	Swim Base: 1000 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 5 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Bike Short Hill Climbs: 45 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 4 x 1-minute hill climbs @ speed intensity with enough recovery to reach total workout time of 45 minutes CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Threshold: 900 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 2 x 200 @ Z3 Moderately Hard / Tempo, RI=0:30 CD: 200 @ Z1 Easy intensity	Foundation Bike: 30 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 10 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	17-Apr-23	6	RELAX - REST DAY	Swim Base: 1100 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 6 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Bike Short Hill Climbs: 50 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 5 x 1-minute hill climbs @ speed intensity with enough recovery to reach total workout time of 50 minutes CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Threshold: 900 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 2 x 200 @ Z3 Moderately Hard / Tempo, RI=0:20 CD: 200 @ Z1 Easy intensity	Foundation Bike: 45 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 25 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity Transition Run: 10 Minutes MS: Run 10 minutes @ Z2 Steady Endurance intensity immediately following today's bike workout	Foundation Run: 30 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	24-Apr-23	7	RELAX - REST DAY	Swim Base: 1200 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 7 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Bike Short Hill Climbs: 50 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 5 x 1-minute hill climbs @ speed intensity with enough recovery to reach total workout time of 50 minutes (including warm-up and cool-down) CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 30 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Threshold: 1100 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 3 x 200 @ Z3 Moderately Hard / Tempo, RI=0:45 CD: 200 @ Z1 Easy intensity	Foundation Bike: 45 Minutes WU: 10 minutes @ Z2 Steady Endurance intensity MS: 25 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 30 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity

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PEAK PHASE You will transform the general triathlon fitness you have developed into race-specific fitness with workouts including tempo rides, lactate swim intervals, and brick workouts.	1-May-23	8	RELAX - REST DAY	Swim Base: 1200 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 5 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Tempo Bike: 45 Minutes WU: 8 minutes @ Z2 Steady Endurance intensity MS: 2 x 10 minutes @Z3 Moderately Hard / Tempo with 10 minutes active recovery CD: 7 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity	Swim Base + Lactate: 800 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 4 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ Z1 Easy intensity	Brick Workout: 40 Minutes WU: Bike 30 minutes @ Z2 Steady Endurance intensity MS: Run 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 25 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 5 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	8-May-23	9	RELAX - REST DAY	Swim Base: 1200 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 7 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Tempo Bike: 50 Minutes WU: 15 minutes @ Z2 Steady Endurance intensity MS: 20 minutes @Z3 Moderately Hard / Tempo CD: 15 minutes @ Z2 Steady Endurance intensity	Tempo Run: 30 Minutes WU: Run 10 minutes @ Z1 Easy intensity MS: Run 10 minutes @Z3 Moderately Hard / Tempo CD: Run 10 minutes @ Z1 Easy intensity	Swim Base + Lactate: 875 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ Z1 Easy intensity	Ride the Tri Course TBC Foundation Bike: 1 Hour WU: 10 minutes @ Z2 Steady Endurance intensity MS: 40 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 30 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 10 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	15-May-23	10	RELAX - REST DAY Race Prep Seminar	Swim Base: 1300 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 8 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Tempo Bike: 55 Minutes WU: 17 minutes @ Z2 Steady Endurance intensity MS: 22 minutes @Z3 Moderately Hard / Tempo CD: 16 minutes @ Z2 Steady Endurance intensity	Tempo Run: 32 Minutes WU: Run 10 minutes @ Z1 Easy intensity MS: Run 12 minutes @Z3 Moderately Hard / Tempo CD: Run 10 minutes @ Z1 Easy intensity	Swim Base + Lactate: 875 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:30 CD: 200 @ Z1 Easy intensity	Brick Workout: 45 Minutes WU: Bike 30 minutes @ Z2 Steady Endurance intensity MS: Run 15 minutes @ Z2 Steady Endurance intensity	Foundation Run: 35 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 15 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
	22-May-23	11	RELAX - REST DAY Make sure your bike is serviced and ready to race	Swim Base: 1400 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 9 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Tempo Bike: 1 Hour WU: 13 minutes @ Z2 Steady Endurance intensity MS: 2 x 12 minutes @Z3 Moderately Hard / Tempo with 10 minutes active recovery CD: 13 minutes @ Z2 Steady Endurance intensity	Tempo Run: 34 Minutes WU: Run 10 minutes @ Z1 Easy intensity MS: Run 14 minutes @Z3 Moderately Hard / Tempo CD: Run 10 minutes @ Z1 Easy intensity	Swim Base + Lactate: 875 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:20 CD: 200 @ Z1 Easy intensity	Foundation Bike: 1 Hour WU: 10 minutes @ Z2 Steady Endurance intensity MS: 40 minutes @ Z2 Steady Endurance intensity CD: 10 minutes @ Z2 Steady Endurance intensity	Foundation Run: 40 Minutes WU: Run 10 minutes @ Z2 Steady Endurance intensity MS: Run 20 minutes @ Z2 Steady Endurance intensity CD: Run 10 minutes @ Z2 Steady Endurance intensity
29-May-23	12	RELAX - REST DAY	Swim Base: 1300 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 8 x 100 @ Z2 Steady Endurance intensity, RI=0:05 CD: 200 @ Z1 Easy intensity	Tempo Bike: 45 Minutes WU: 8 minutes @ Z2 Steady Endurance intensity MS: 2 x 10 minutes @Z3 Moderately Hard / Tempo with 10 minutes active recovery CD: 7 minutes @ Z2 Steady Endurance intensity	Tempo Run: 30 Minutes WU: Run 10 minutes @ Z1 Easy intensity MS: Run 10 minutes @Z3 Moderately Hard / Tempo CD: Run 10 minutes @ Z1 Easy intensity	Swim Base + Lactate: 800 Yards WU: 200 @ Z1 Easy intensity 4 x 25 drills, RI=0:10 MS: 4 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ Z1 Easy intensity	Recovery Bike: 20 Minutes WU: 10 minutes @ recovery intensity CD: 10 minutes @ recovery intensity very short, easy workout	Race Day GOOD LUCK Your have done the work	

Zones	Intensity levels	Heart Rate
1	Easy	68-73% of Max HR
2	Steady (Endurance)	73% - 80% of Max HR
3	Moderately Hard (Tempo)	80% - 87% of Max HR
4	Hard (Threshold)	87% - 93% of Max HR
5	Very Hard (VO2 Max)	93% - 100% of Max HR

Very Gentle. Low Intensity
Breathing and pace increase. Still comfortable. Conversation possible
Moderate. Slight more difficult to hold a conversation
Sustain effort for only a few minutes. Breathing Hard. Pace is fast.
Full Sprint

Comfortably Hard. Fastest speed you can maintain while still feeling relaxed

Source: Triathlete.com
Scott Fliegelman 9/26/18

TRAINING ZONES	
Intensity Description	% of Your Max Heart Rate
Z1 Easy (Recovery)	♥ 68-73%
Z2 Steady (Endurance)	♥ 73-80%
Z3 Moderately Hard (Tempo)	♥ 80-87%
Z4 Hard (Threshold)	♥ 87-93%
Z5 Very Hard (VO2 Max)	♥ 93-100%

Max HR

220 - Your Age

eg. If you are 40

Max HR is

220 - 40 = 180 bpm

Swim Drills

<https://www.yourswimlog.com/freestyle-drills/>

Closed Fist Freestyle - ball up your hands, removing the surface area that your out-stretched fingers would usually provide for your pull, and otherwise swim freestyle as you normally would.

Head-up Freestyle - great for open water swimming

Hand-drag Drill - Swim freestyle normally, but during the recovery phase drag your hand through the water. Keep your hand rigid for added resistance

Catch-Up Freestyle - swim freestyle normally with one exception: they need to wait for one arm stroke to be completely finished before starting their next stroke
Once a swimmer's hand enters the water in front of them, they can take the next stroke.

<https://www.yourswimlog.com/how-to-swim-faster-freestyle/>