

12 Week Beginner - Immediate Sprint Triathlon Plan Guide for TriRidgefield 2021

	W/C	Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASE PHASE	7-Jun-21	1	RELAX	<b>Swim - 500 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 CD: 200 @ low aerobic intensity	<b>Recovery Bike: 20 Minutes</b> WU: 10 minutes @ recovery intensity CD: 10 minutes @ recovery intensity	<b>Foundation Run: 20 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Base: 500 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 CD: 200 @ low aerobic intensity	<b>Recovery Bike: 20 Minutes</b> WU: 10 minutes @ recovery intensity CD: 10 minutes @ recovery intensity	<b>Foundation Run: 20 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
	14-Jun-21	2	RELAX	<b>Swim Base: 700 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Recovery Bike: 30 Minutes</b> WU: 10 minutes @ low aerobic intensity MS: 10 minutes @ low aerobic intensity CD: 10 minutes @ low aerobic intensity	<b>Foundation Run: 20 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Base: 700 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 30 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 10 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity <b>Transition Run: 10 Minutes</b> MS: Run 10 minutes @ moderate aerobic intensity immediately following today's bike workout	<b>Foundation Run: 20 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
	21-Jun-21	3	RELAX	A proper bike set-up is very important.  Poor set-up not only reduces efficiency and is less comfortable, but may also cause knee and low back injuries.  Take your bike to a good local shop for a proper fitting.	<b>Swim Base: 850 Yards</b> WU: 200 @ low aerobic intensity 6 x 25 drills, RI=0:10 MS: 3 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 30 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 10 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Base: 850 Yards</b> WU: 200 @ low aerobic intensity 6 x 25 drills, RI=0:10 MS: 3 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 30 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 10 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity

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<b>BUILD PHASE</b> 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.	28-Jun-21	4	RELAX	<b>Swim Base: 700 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 45 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 25 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Recovery Run: 20 Minutes</b> MS: Run 20 minutes @ low aerobic intensity	<b>Swim Base: 700 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Recovery Bike: 30 Minutes</b> WU: 10 minutes @ low aerobic intensity MS: 10 minutes @ low aerobic intensity CD: 10 minutes @ low aerobic intensity <b>Transition Run: 10 Minutes</b> MS: Run 10 minutes @ moderate aerobic intensity immediately following today's bike workout	<b>Recovery Run: 20 Minutes</b> MS: Run 20 minutes @ low aerobic intensity
	5-Jul-21	5	RELAX	<b>Swim Base: 1000 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 5 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Bike Short Hill Climbs: 45 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 4 x 1-minute hill climbs @ speed intensity with enough recovery to reach total workout time of 45 minutes CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Threshold: 900 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 200 @ threshold intensity, RI=0:30 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 30 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 10 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
	12-Jul-21	6	RELAX	<b>Swim Base: 1100 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 6 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Bike Short Hill Climbs: 50 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 5 x 1-minute hill climbs @ speed intensity with enough recovery to reach total workout time of 50 minutes CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Threshold: 900 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 2 x 200 @ threshold intensity, RI=0:20 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 45 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 25 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity <b>Transition Run: 10 Minutes</b> MS: Run 10 minutes @ moderate aerobic intensity immediately following today's bike workout	<b>Foundation Run: 30 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
	19-Jul-21	7	RELAX	<b>Swim Base: 1200 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 7 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Bike Short Hill Climbs: 50 Minutes</b> WU: 10 minutes @ moderate aerobic 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 @ moderate aerobic intensity	<b>Foundation Run: 30 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Threshold: 1100 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 3 x 200 @ threshold intensity, RI=0:45 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 45 Minutes</b> WU: 10 minutes @ moderate aerobic intensity MS: 25 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 30 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity

W/C	Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Jul-21	8	RELAX	<b>Swim Base: 20 Minutes</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 5 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Tempo Bike: 45 Minutes</b> WU: 8 minutes @ moderate aerobic intensity MS: 2 x 10 minutes @ threshold intensity with 10 minutes active recovery CD: 7 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity	<b>Swim Base + Lactate: 800 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 4 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ low aerobic intensity	<b>Brick Workout: 40 Minutes</b> WU: Bike 30 minutes @ moderate aerobic intensity MS: Run 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 25 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 5 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
2-Aug-21	9	RELAX	<b>Swim Base: 1200 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 7 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Tempo Bike: 50 Minutes</b> WU: 15 minutes @ moderate aerobic intensity MS: 20 minutes @ threshold intensity CD: 15 minutes @ moderate aerobic intensity	<b>Tempo Run: 30 Minutes</b> WU: Run 10 minutes @ low aerobic intensity MS: Run 10 minutes @ threshold intensity CD: Run 10 minutes @ low aerobic intensity	<b>Swim Base + Lactate: 875 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 1 Hour</b> WU: 10 minutes @ moderate aerobic intensity MS: 40 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 30 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 10 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
9-Aug-21	10	RELAX	<b>Swim Base: 1300 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 8 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Tempo Bike: 55 Minutes</b> WU: 17 minutes @ moderate aerobic intensity MS: 22 minutes @ threshold intensity CD: 16 minutes @ moderate aerobic intensity	<b>Tempo Run: 32 Minutes</b> WU: Run 10 minutes @ low aerobic intensity MS: Run 12 minutes @ threshold intensity CD: Run 10 minutes @ low aerobic intensity	<b>Swim Base + Lactate: 875 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:30 CD: 200 @ low aerobic intensity	<b>Ride the Tri Course TBC</b>  <b>Brick Workout: 45 Minutes</b> WU: Bike 30 minutes @ moderate aerobic intensity MS: Run 15 minutes @ moderate aerobic intensity	<b>Foundation Run: 35 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 15 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
16-Aug-21	11	RELAX	<b>Swim Base: 1400 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 9 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Tempo Bike: 1 Hour</b> WU: 13 minutes @ moderate aerobic intensity MS: 2 x 12 minutes @ threshold intensity with 10 minutes active recovery CD: 13 minutes @ moderate aerobic intensity	<b>Tempo Run: 34 Minutes</b> WU: Run 10 minutes @ low aerobic intensity MS: Run 14 minutes @ threshold intensity CD: Run 10 minutes @ low aerobic intensity	<b>Swim Base + Lactate: 875 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 5 x 75 @ VO2max intensity, RI=0:20 CD: 200 @ low aerobic intensity	<b>Foundation Bike: 1 Hour</b> WU: 10 minutes @ moderate aerobic intensity MS: 40 minutes @ moderate aerobic intensity CD: 10 minutes @ moderate aerobic intensity	<b>Foundation Run: 40 Minutes</b> WU: Run 10 minutes @ moderate aerobic intensity MS: Run 20 minutes @ moderate aerobic intensity CD: Run 10 minutes @ moderate aerobic intensity
23-Aug-21	12	RELAX	<b>Swim Base: 1300 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 8 x 100 @ moderate aerobic intensity, RI=0:05 CD: 200 @ low aerobic intensity	<b>Tempo Bike: 45 Minutes</b> WU: 8 minutes @ moderate aerobic intensity MS: 2 x 10 minutes @ threshold intensity with 10 minutes active recovery CD: 7 minutes @ moderate aerobic intensity	<b>Tempo Run: 30 Minutes</b> WU: Run 10 minutes @ low aerobic intensity MS: Run 10 minutes @ threshold intensity CD: Run 10 minutes @ low aerobic intensity	<b>Swim Base + Lactate: 800 Yards</b> WU: 200 @ low aerobic intensity 4 x 25 drills, RI=0:10 MS: 4 x 75 @ VO2max intensity, RI=0:45 CD: 200 @ low aerobic intensity	<b>Recovery Bike: 20 Minutes</b> WU: 10 minutes @ recovery intensity CD: 10 minutes @ recovery intensity	<b>Race Day</b>  GOOD LUCK  Your have done the work

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.

**Intensity levels**

- 1 Recovery
- 2 Aerobic
- 3 Threshold
- 4 VO2max intensity
- 5 Speed

Very Gentle. Low Intensity      Low Aerobic  
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

**Rate of Perceived Effort (RPE)**

Rate of Perceived Effort is perhaps the simplest tool for describing intensity. At the most basic level, training plans will use the metrics of “easy,” “medium,” “hard,” and “all-out”—these terms mean different things to different athletes, allowing plans to fit a variety of athletes. Others quantify these effort levels into zones. Though the zones may vary from plan to plan, they usually follow some variation of these general parameters:

Zone 1: Extremely low intensity—you should be able to very easily carry on a conversation while exercising. If you feel like you’re going too slow, you’re doing it right.

Zone 2: This effort level should feel easy enough that you can maintain the pace for a very long period of time. If you can talk but not sing, you’re probably in Zone 2.

Zone 3: Also known as a “tempo” effort, this zone is best described as comfortably hard. This is the fastest speed you can maintain while still feeling relaxed.

Zone 4: This zone should feel hard, but not all-out. This controlled effort requires both physical effort and mental focus.

Zone 5: Usually reserved for sprints and intense intervals, zone five is too hard to sustain for long periods of time. Is almost always followed by easy intervals or even a brief period of full rest.

RATE OF PERCEIVED EXERTION (RPE) TRAINING				
All workouts are structured with training zones, according to rate of perceived effort.				
ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
Gentle rhythmic breathing. Pace is easy and relaxed. The intensity is a jog, or very easy swim or bike spin.	Breathing rate and pace increase slightly. You should still be comfortable but with slightly deeper breathing. Running and cycling pace remains comfortable and conversation is possible.	Become aware of breathing a little harder. Pace is moderate with a stronger swimming, cycling or running rhythm. This is “feel good” fast. It is slightly more difficult to hold conversation.	Starting to breathe hard, pace is fast and beginning to get uncomfortable and should be challenging to maintain. This effort is approaching an all-out 15-minute swim, or 30-minute bike and run pace.	Breathing is deep and forceful and you may notice a second significant change in breathing pattern. Pace is all-out sustainable for one to five minutes. Mental focus is required and it should feel moderately uncomfortable.

**KEY:**

' = minutes  
 " = seconds  
 RPM = revolutions per minute or cadence  
 ZONE = perceived effort zone (see table at left)  
 (\*) = indicates rest in between intervals  
 NOTE: For the swim workouts (e.g., “16x25”), either yards or meters are acceptable, depending on your pool. A “25” is one length and a “50” is down and back.

	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize Performance	5 MAXIMUM	90-100% 171-190 bpm	Less than 5 minutes	<b>Benefits:</b> Increases maximum sprint race speed <b>Feels like:</b> Very exhausting for breathing and muscles <b>Recommended for:</b> Very fit persons with athletic training background
Improve Fitness	4 HARD	80-90% 152-171 bpm	2-10 minutes	<b>Benefits:</b> Increases maximum performance capacity <b>Feels like:</b> Muscular fatigue and heavy breathing <b>Recommended for:</b> Fit users and for short exercises
Lose Weight	3 MODERATE	70-80% 133-152 bpm	10-40 minutes	<b>Benefits:</b> Improves aerobic fitness <b>Feels like:</b> Light muscular fatigue, easy breathing, moderate sweating <b>Recommended for:</b> Everybody for typical, moderately long exercises
	2 LIGHT	60-70% 114-133 bpm	40-80 minutes	<b>Benefits:</b> Improves basic endurance and helps recovery <b>Feels like:</b> Comfortable, easy breathing, low muscle load, light sweating <b>Recommended for:</b> Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT	50-60% 104-114 bpm	20-40 minutes	<b>Benefits:</b> Improves overall health and metabolism, helps recovery <b>Feels like:</b> Very easy for breathing and muscles <b>Recommended for:</b> Basic training for novice exercisers, weight management and active recovery

**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/>