



Following is a basic plan. The El Paso Tri Club does not endorse any one plan over another, and we encourage all those new to this level of physical fitness to consult their physician before beginning any program.

Training Program for Triathlon Beginners

THOUGHTS BEFORE BEGINNING

If you are new in triathlon, without a background in either swimming, cycling or running, chances are you don't really know where to start and what to do. Although there is a lot of material online, it is a bit difficult and time consuming to parse through the literature, and to be able to identify what is reasonable, in terms of volume and intensity.

We will make the assumption that most true beginners will train once a day, with a rest day, which represents 2 sessions a week in each sport, and roughly 6 to 7 hours of training per week.

SOME COMMENTS

Swimming. It is by large the most technical sport of the 3. No amount of training will make up for having someone on deck helping you with technique. We are still working on this, but in the meantime there are a few things to remember that will likely help.

When doing 'sets', keep the distance short. Do repeats of 50s and 100s that are short enough to maintain good swim form.

Pull-buoy: yes, you love it! But, when swimming with a pull-buoy, you are not using core muscles to stabilize your stroke. Use it sparingly. If need be, use short swimmers fins. It is hard to give more advice to novice swimmers, but one thing you can look at is the amount of bubbles you create when swimming. More bubbles means you are not pushing 'clean' water. In other words, you have poor form. Focusing on minimizing the amount of bubbles gives you instant feedback.

We could add: body rotation, high-elbow under water, etc. but for more novices, it does not mean much. We should be able to offer swim sessions at UTEP very shortly, so stay tuned!

Cycling. Well, now that is easy. Get on the bike. Push the pedals. It does not get a lot easier than that. Try to keep your cadence between 85 and 95 revolutions per minute. That is pretty much all there is to it. However, make sure that you have been properly



fitted on your bike. Last, if riding with aerobars, do not stay on your aerobars while riding in a group. And obviously, ride defensively. Do not expect that drivers see you.

Most of the time, they don't. Be aware of this.

Running. Like cycling, running is not very technical. The main issue that I see is that people do not warm up properly. Let your body find its rhythm. Kenyan runners, running 28min for 10km, warm up at 5mph, which is extremely slow for them. It gives time for the body to warm up. Also, try to focus on keeping a high running cadence. Most of the literature shows that your cadence should be around 90 strides per foot per minute. Focus on being light on your feet, and minimize the amount of time your feet stay on the ground. When you start running, you have to consciously think about it, but after a while, it becomes natural.

THE TRAINING PLAN

MONDAY: OFF

TUESDAY: Swim: 1500yds to 2000yds

Example: warm-up: 2x (4x50yds freestyle R:15" – 2x50 yds kick R:15" – 4x25 yds sprint R:1min); 3 to 4x (2x50 yds R:20" – 100 yds R:30"); 200 yds cool down

WEDNESDAY: Bike: start with 45min easy riding. Trying to keep your cadence between 85 and 95. Build up to 1h including (if you want!) 4x3 min at 'race pace' R:2min.

THURSDAY: Run: Don't stress! It's ok to walk occasionally. Your goal should be to be able to run 40 min. Start with 4x (7 min run – 3 min walk), then 4x(8min run – 2min walk), etc. until you can run 40min continuous.

FRIDAY: Swim: 1500yds to 2000yds; Similar to Tuesday's session

SATURDAY: Group ride: start with 45min to 1h and try to build up progressively to 1h30.

SUNDAY: Group run: use a similar strategy to Thursday.

Happy training!