

Town of Huntington Triathlon 12 Week Training Plan by Division One Multisport

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL TIME
12 Weeks Until Race	S1-15 R1-20	B1-30	S1-15 R1-20	REST	S1-20 R1-20	B1-45	S1-15 R1-20	4:00
11 Weeks	REST	B3-30	S1-30 R1-20	B2-30	REST	B1-60 R1-15	S1-20 R1-30	4:15
10 Weeks	REST	B2-30	S1-20 R1-20	B1-20	REST	B1-45	S1-15 R1-20	2:50
9 Weeks	S1-30 R1-30	B3-35	S1-30 R1-30	REST	S3-30 R1-30	B1-70	S1-25 R1-40	5:50
8 Weeks	REST	B3-40 R1-20	S3-30	B2-40	REST	B1-80	S1-30 R1-50	4:50
7 Weeks	REST	B2-30	S2-20 R2-20	B1-20	REST	B/R (B2-45, R1-10)	S4-20 R1-30	3:15
6 Weeks	S1-30 R2-30	B3-40	S3-30 R1-20	REST	S2-30 R3-30	S4-25 B1-30	Race Course Clinic BR (B2-60, R2-20)	5:45
5 Weeks	REST	B/R (B4-40, R1-10)	S3-40	S1-30 R3-30	REST	B/R (B1-90, R1-10)	S4-30 R1-65	5:45
4 Weeks	REST	B2-30	S3-25	B2-30	REST	Race Course Clinic BR (B2-60, R2-20)	S2-30	3:15
3 Weeks	S1-40	B/R (B4-45, R2-15)	S3-40 R3-30	REST	S2-30 B2-30	B/R (B2-70, R2-20)	S4-30 R2-40	6:30
2 Weeks	REST	B/R (B4-45, R2-20)	S4-30	R4-30	REST	B/R (B4-60, R2-20)	REST	3:25
1 Week	S3-25 R2-20	REST	B/R (B3-45, R4-15)	S2-20	REST	B/R (B1-20 R1-10)	Race	2:35 + Race

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This training program is a beginner triathlon program with a focus on limited hours during the week and consistent days of REST. The maximum hours of training is 6:30 in a week but the average is 5 hours per week. This program will have you more than ready for your first triathlon with the least amount of training. If you are interested in a more advanced or specific program or have any questions, please feel free to contact www.d1multisport.com. Division One Multisport will be hosting a Huntington Triathlon Clinic on May 3rd and May 16th at (The Race Venue) @ 7:30AM.

When following the beginner program below, please understand these as abbreviations:

S=Swim B=Bike R=Run B/R=Bike & Run workout within only 5 minutes of each other

****All workouts should start with a gradual warmup to start with and should end with a gradual cool-down followed by stretching****

SWIM - Always warm-up with 5 minutes EZ swimming focusing on proper body float (horizontal) and relaxed stroke pushing water backwards toward the opposite end of the pool rather than down to the bottom.

BIKE - Always warm-up with 5 minutes EZ spinning with high RPM focusing on turning circles with your knees and relaxing your feet.

RUN - Always warm-up with 5 minutes EZ running focusing on a tall posture, higher than normal cadence with shorter than normal stride length.

Workout Type	Workout Description
1	Complete the workout duration at a comfortable effort while taking breaks when/if necessary to keep comfortable
2	Complete the workout duration at a steady effort without stopping while focusing on controlled breathing.
3	After WU, Complete 8-12 short :45 second intervals at hard effort with 1:15 easy recovery. (Example- 10 intervals of :45 with 1:15 very EZ rest).
4	After WU, Complete 6-10 long 2:00 minute interval at race effort with 1:00 easy recovery. (Example – 8 intervals of 2:00 with 1:00 rest).