



The Swim Bike Mom Ultimate Sprint Triathlon Plan

Your **Quick Start** Guide to Completing **Your First Sprint Triathlon**
(Even If You Can't Run for One Minute Right Now)





MENTAL CHECKLIST

What is a Triathlon? Triathlon consists of swimming, cycling and running in one event. This training shell is for someone looking to complete a “sprint” distance triathlon, which is the shortest distance triathlon (outside of a super sprint or an indoor tri) and which is typically a 300-500 yard swim, 15-18 mile bike and 5k (3.1 mile) run.

Be Bold: Take the leap! Take the plunge! Say, “I will become a triathlete!” (And mean it!)

Begin to think of yourself in terms of a baby triathlete. You may not know much now, but you will grow up to know a lot. Dream big. Think long term. This small step will change your life.

Read: Read a little about triathlon. Read just a little so you know what “swim bike run” and “T1” and “T2” mean. Get a gist for the lingo. Lurk on Beginner Triathlete (or Swim Bike Mom.com). Check out SBM book, *Triathlon for the Every Woman*, available on Amazon.com in 2013. Ask questions of your crazy tri friends. If you don’t have tri friends, find some. Swim Bike Mom on Facebook has ridiculous amounts of crazy tri friends. That’s all you need to start.

Register: Pay the registration fee for the sprint triathlon that you want to do. Pay it now. Tell someone that you are going to do the race. Put it on your calendar.

Pick your race for 3-9 months from now, depending on your level. Note that triathlon has a “season” which typically runs from March to October. If you start training in October for a three month plan, just realize that you may have no race to register for until the season starts in April.

Push that “register” button. And be PROUD OF YOURSELF.

Deep Breath: After your register, you will undoubtedly say, “Oh no no no no, what did I do?”

Take a deep breath. Ignore that voice in your head. You did right.

Stay Focused: Keep your eye on your new goal and your heart in the game. You have plenty of time until your race. You will complete it if you just keep moving forward.





GEAR CHECKLIST: WHAT YOU NEED

Keep It Simple: Do you have a body, a bike and a pair of shoes?

I assume the body is a given. The shoes, too (although I urge you to immediately get fitted and buy proper, good shoes). The bike may be more tricky. But you can find a bike to get you to your race. This is just your first race – a first step in a long life change.

Calendar: Utilize a paper calendar or an online calendar such as Google to plot out your workouts. I am going to provide you with a framework to *plan your own workouts*, but you will need to make the plan (and execute it!)

If the days I set out do not work, adjust it! Do not throw out the ideas.

Basically, you want to swim twice a week, bike twice a week and run twice a week. As you get better, then you'll add a little more here and there. Be flexible.

Consider the Figure out when you will make time to workout.

Choices: Are you a morning person? Do you have more time in the evenings? What about childcare? Is your spouse or significant other on board with your plans? If not, are you prepared to adjust?

What You Need to Access to a lap pool (25 yard or 25 meter pool)

Swim: Goggles
Swim Cap
One Piece Swimsuit
Earplugs (optional)
Wetsuit (see below, optional)

What You Need to Bike
Bike: Access to a spinning bike/class or bike trainer
Helmet
Chamois (padded) shorts/capris
Water Bottle Cage on Bike
Water Bottles
Cycling shoes & clipless pedals (optional)
Bike rack for car (if necessary)
Bike Bag: tubes, CO2 cartridges, learn to change a tube, cycling maintenance
Road ID (RoadID.com)

What You Need to Get fitted for proper shoes (non-negotiable!)
Run: Wicking socks
Wicking material shirts and clothing
Heart rate monitor (optional, but highly recommended)
Handheld water bottle
Hat/Visor

Optional Things: Wetsuit (A wetsuit may be optional depending on your race and part of the country. You need a wetsuit if you are going to be swimming in cold(er) waters or want/need the floatation assistance. You will want to speak with a salesperson at a triathlon store that sells wetsuits so you can get your proper fit. An ill-fitting wetsuit is horrible.)

Triathlon Suit (This is for the race day. May be one or two pieces. The idea is that you can swim, bike and run without changing clothes. If you are not going to buy a tri suit, then consider a wicking tank and thin padded shorts for your race so you do not change clothes.)

Yoga Mat
GPS Watch
Foam Roller

Non-Optional: Believe in Yourself. Always. You can do this.





TRAINING CHECKLIST: GET MOVING

The Training Plan: The SBM Training Plan is mapped out based on your **current** experience level.

Just answer the simple questions below to gauge which plan to use.

Once you have your plan, then scroll down to the appropriate plan and execute it!

How far can you SWIM... right at this moment?

- A) I can't swim. At all.
- B) I know *how*, but it's tragic looking and I feel like drowning. Maybe 3-4 laps. Total.
- C) I'm a decent swimmer.

- A) True Beginner *Swim* Plan
 - B) Beginner *Swim* Plan
 - C) Three Month *Swim* Plan
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How far can you BIKE... right at this moment?

- A) What's a bike?
- B) 10-20 minutes
- C) 30 minutes or more

If you chose:

- A) True Beginner *Bike* Plan
- B) Beginner *Bike* Plan
- C) Three Month *Bike* Plan

How far can you RUN... right at this moment? **How far can you run or jog – right at this moment?**
A) I can't run or jog. I walk.
B) 1-2 miles
C) 2-3+ Miles

If you chose:

- A) True Beginner *Run* Plan
- B) Beginner *Run* Plan
- C) Three Month *Run* Plan

True Beginner Plan: Much like its name, the True Beginner Plan is for someone who is completely new to triathlon. Heck, this plan is for someone completely new to *exercise* or *movement* other than from the couch to the fridge.

For example, when I started out with my first race in 2010, I was definitely a True Beginner. I had no idea what triathlon meant, how to properly run or ride my bike without falling. I could only sputter down one lane of a pool.

The True Beginner Plan will give you a jumping off point to learn about triathlon and get moving in the right direction.

This will have you cross the finish line of your first race in 9 months.

Beginner Plan: The Beginner Plan is for someone who has dabbled in swimming, biking or running, and who is able to handle small amounts of activity right now.

The idea is to do your first race within 6 months of starting.

Three Month Plan: The Three Month Plan is for someone who can swim, bike and run reasonably, but has never completed a triathlon, or who would like to get faster. [Now, I am not fast, so take this “fast” advice with a grain of salt.]

Rules of Triathlon: Learn the quick and dirty rules of triathlon. There aren't many, so go to USA Triathlon online and read them. Understand the basic mechanics of a race and the sport. Read Chrissie Wellington's book, *A Life without Limits*, for inspiration.

Triathlon Etiquette: As a newbie triathlete, you will have enough trouble learning all the ropes. Do be sure to learn triathlon etiquette – such as how to signal passing on a bike, sharing lanes in a pool and transition set-up. Pick up a copy of *Triathlon for the Every Woman*, if you haven't yet.

An important rule to remember: you do not change clothes during a race (exception: long distance races). Learn about proper attire that you can wear during the swim, bike and run. Google: Triathlon suit.

Transitions: During your training, you will want to visualize your race, and your ease of transition. **Transition** is the movement from the swim to bike portion of the race (T1), or the bike to run portion (T2).

You will want to practice transition before your race. Down the road in your training, you will want to set up a faux transition area in your basement, garage or house and practice the act of T1 and T2.

Nutrition: I really have no right to talk about this subject. However, I know what you “should” do. Eat 5-6 small balanced meals incorporating a carbohydrate, protein and healthy fat. Drink lots of water. Stay off the wine, cola and fried foods. Try it. But don’t beat yourself up when you fail. Just keep moving forward.

For some excellent nutritional plans, check out Optimal Nutrition for Life ([www.onforlife](http://www.onforlife.com)) and the Metabolic Boost (\$12) and Burn (\$19) Plans – available in the Swim Bike Mom store. These are excellent plans written by friend, nutritionist and Ironman, Ilana Katz.

www.SBMStore.wazala.com and on Facebook at www.Facebook.com/metabolicboostandburn





QUICK START TRAINING PLAN

Use your answers in the Training Checklist to decide if you fall under the True Beginner, Beginner or Three Month Plan.

Feel free to mix and match the plans depending on your skill level. For example, if you are a pretty avid runner, just go with the Three Month Run Plan for the Run, but use the True Beginner Plan for the Swim and Bike.

If in doubt and you are completely new to exercise or sport, go with the True Beginner Plan. That plan will take you to a Sprint Triathlon in 9 Months.

***SBM NOTE:** This is a generalized plan and it is not Gospel. I am not a special coach, doctor or anyone special (actually, I am a lawyer too – so that makes me arguably super non-special).

Check with your doctor (and shrink) before entering triathlon and training for it. This plan cannot replace the wisdom of a coach, trainer or training partner. I am not giving Expert advice, only newbie triathlete (and funny) advice. I am only someone who has learned from experience and wants to provide you with HOPE and INSPIRATION – that you, too, can be a triathlete. To date, I have completed three sprint triathlons, four Olympic distance triathlons, several 5ks, 10ks, a half marathon and a half Ironman triathlon. I am training for my second half Iron.

For the out-of-time woman, I believe this plan is a good jumping off point into triathlon. I did my first sprint triathlon *without* my dear Coach Monster. I found out very quickly that I needed and loved having a coach.

As you venture further down the triathlon road, you will see that you may want to hire a coach and get more in depth in your training. But until then, give this a shot. Be patient with yourself, and watch yourself thrive.



You can do your first triathlon.

Repeat after Me: Yes. I. Can. Yes. I. Will.

Just Keep Moving Forward.



Pick up a copy of the book, *Triathlon for the Every Woman* (available everywhere February 2013) for a complete guide to your first (and next) triathlon. Check out the section by Gerry Halphen (aka, Coach Monster) on “*Go Slow to Go Fast*” to learn how to train with a heart rate monitor for your best foundation and base-building possible.



TRUE BEGINNER PLAN

9 Months to Race Day

DAYS YOU WILL WORKOUT							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim							
Bike							
Run				 *			
Core							
Strength/ Yoga							

*After Month Six Only

Time Frame: 9 Months

TRUE BEGINNER PLAN: SWIM

Learn to Swim. If you have no earthly idea how to swim the freestyle stroke, the first step is learning the basics of this stroke. I recommend 3-6 lessons to get you started. Once you can reasonably swim one or two pool lengths, begin working on your regular swim plan, below.

Recommend: After lessons, grab the Total Immersion Swim DVDs to help fine tune technique. <http://www.totalimmersion.net/>

Days to Swim:

Tuesdays, Thursdays

Distance Cheat Sheet:

One length of the pool is 25 yards/meters. A “length” means swimming from one end to another.

Wall |-----→-----| Wall
= One Length

Swimming from one end to the other and returning to the start is one “lap.”

Wall |-----→-----| Wall
 Plus
 Wall |-----←-----| Wall
= One Lap

25 meter pool

Quarter-mile: 16.1 lengths; 8 laps

Half mile: 32.2 lengths; 16.1 laps

One mile: 64.4 lengths; 32.2 laps

25 yard pool

Quarter-mile: 17.6 lengths; 8.8 laps

Half-mile: 35.2 lengths; 17.6 laps

One mile: 70.4 lengths; 35.2 laps

Starting Out:

After you feel comfortable enough with swimming a length of the pool without stopping and after your lessons are complete, then you are ready to begin the training program.

To start for the first few weeks, aim only to swim 200-400 yards/meters each session (8-16 lengths of the pool). Yes, this may be hard. But in the swim, you will see the largest gains. Just keep going forward.

Planned Distances:

For each month, you will want to calendar your workouts ahead of time. Take these basic outlines and place them on a calendar for Tuesday and Thursday of each week.

“Kick” means to use the kickboard and practice kicking down the pool. Most gyms with pools have kickboards for your use – just ask.

“Swim” means to freestyle swim.

As you get more comfortable in the water, look online for swim “sets” which will help you find workouts that will break up the swim into sets. Sets are written in shorthand like this: 2x100, 4x50. This means swim two sets of 100 meters with a rest in between. Then swim four sets of 50 meters with a rest in between each set. A good example of a swim workout with sets (and the translation from shorthand) would be this:

Warm-up: 100 meters, easy swim

Kick: 2 x 50 (translation: two sets of 50 meters with the kickboard)

Main Workout: 2 x 100 w :30 btw (translation: swim 100 meters, rest thirty seconds, then repeat); 3 x 50 :10 btw (translation: swim 50 meters, rest 10 seconds, then repeat two more times); 100 pull (swim 100 meters with a pull float between your knees); 2 x 50 - 25 easy, 25 hard (translation: just as it says, go slow down the length of the pool, then swim hard back); 3 x 50, descend (go faster each set)

Cooldown: 100 easy

In each swim, you will want to incorporate some kicks (use a kick board to practice your kicks). Pay attention to your form. Read articles about proper swim form. Watch DVDs and YouTube videos. Learn how to do a few swim drills and incorporate them into your workouts.

Before each session, warm-up with a slow and comfortable 50 meters. Add a little more to your warm up each time, if you can. Don't forget to cool down also.

Month 1:

Warmup

Kick: 50 meters

Swim: 200-500 meters

(Example Main Set: 4x50 :30 btw; 100; 4x50 (25 easy, 25 hard))

Cooldown

Month 2:

Warmup

Kick: 50

Swim: 400-600

(Example Main Set: 2x100 :30 btw; 4x50 descend; 4x25 (25 easy, 25 hard))

Cooldown

Month 3:

Warmup

Kick: 100

Drill: 100

(Example Drill Set: 25 fingertip drag drill, swim, 25 fist, swim)

Swim: 600-700

(Example Main Set: 100; 4x50 descend; 50+100+200 :15 btw; 2x50)

Cooldown

Month 4:

Warmup

Kick: 100

Drill: 100

(Example Drill Set: 25 fingertip drag drill, swim, 25 superman, swim)

Swim: 700-800

(Example Main Set: 4x50 descend; 100 pull; 200 hard; 4x50 (25 easy, 25 hard); 100)

Cooldown

Month 5:

Warmup

Kick: 100

Drill: 100

(Example Drill Set: 25 fist, swim, 25 superman, swim)

Swim: 800-1000

(Example Main Set: 500 time trial continuous; 200 pull; 8x50:15 btw)

Cooldown

Month 6:

Warmup

Kick: 100

Drill: 100

1000-1200

(Example Main Set: 100 pull; 6x100 (50 easy, 50 hard); 100 continuous; 3x100 :30 btw)

Cooldown

Month 7:

Warmup

Kick: 100

Drill: 100

1100-1400

(Example Main Set: 1000 meter time trial; 8x50 (25 easy, 25 hard))

Cooldown

Month 8:

Warmup

Kick: 150

Drill: 100

1200-1600

(Example Main Set: 8x50; 50+100+200+400+200+100+50 :30 btw; 100)

Cooldown

Month 9:

Warmup

Kick: 100

Drill: 100

1400-1900

(Example Main Set: 400 (100 pull, 100 swim, 100 pull, 100 swim); 8x50; 4x100)

Cooldown

Open Water:

Open water is an ocean, lake or river - often home base for the swim portion of races. Do *not* go into open water until Month 6 or 7, or until you feel *very* comfortable in a pool. You may want to shoot for a first triathlon with a pool swim if the water fear is an issue for you.

Do not do your first open water swim alone. Take a friend who has swum in open water before. If the water is cold, get fitted for a wetsuit. Practice putting on your wetsuit. You will need lots of lube (TriSlide, BodyGlide) to get that puppy to slide up.

Take it slow, and try and remain calm when you do get to the open water. Again, make sure that you are 100% comfortable in the pool before you hit the open water.

Swim at least three times in open water before your race (preferably more). Learn to sight (keep your eye on the buoy or other landmark) in order to stay on course.

Good video resource:

<http://bit.ly/1Agl8P>

TRUE BEGINNER PLAN: BIKE

Learn to ride a road bike. You can feasibly use a mountain bike for your first race, but a road bike should not be far behind in your triathlon gear. Ideally, you should have a bike that has been “fitted” for you. Go to a bike shop and make sure that you are properly fitted on your bike. For comfort and safety reasons this is important. Make sure you have a comfortable helmet and bike clothes.

Clipless pedals and cycling shoes are optional, and they will make riding more comfortable – but only *after* you are comfortable on a bike. I do not recommend getting these until you are very comfortable and happy on your bike. The clipping in and out of the pedals is another thing to think about – and if you are unsteady on the bike, do not add another element. When the time is right – you will know! When and if you decide to get clipless pedals, have someone (reputable) show you how to use

them.

Read about bike mechanics and the rules of the road. Try not to ride alone to start. Name your bike. It will make you love it more.

Days to Bike:

Wednesday, Saturday

Distance:

On Wednesday, take a spinning class at your gym. This will help prepare the cycling muscles, the Queen and your rear end.

On Saturday, venture out and take your bike for a ride in a safe place if you can. Stay away from heavily trafficked areas until you know the rules of the road and are comfortable on your bike.

Month 1:

3-8 miles per ride

Month 2:

5-10 miles

Month 3:

7-12 miles

Month 4:

9-15 miles

Month 5:

12-18 miles

Month 6:

15-20 miles

Month 7:
18-22 miles

Month 8:
21-25 miles

Month 9:
25-28 miles

Remember to learn the rules of the road. Stay alert at all times. Pay attention...and remember to enjoy yourself!

TRUE BEGINNER PLAN: RUN

In my opinion, running is the most scary sport as a beginner, especially if you are a larger person.

Remember to get your *time* in – meaning that you need to do the *amount* of time on the clock to build your endurance base and work up to longer distances. Do NOT worry about how far you go in the beginning. If you must walk – then walk. Jog where you can, but get the mileage in. Read about proper running form.

Recommend:

Have a running coach/trainer evaluate your run form as soon as you begin to *run*. Trust me – this is an injury saver.

Days to Run:

Sunday, Wednesday (Only for “Bricks” and after Month 4, see below), and Friday

Distance:

Do not worry about your distance EVER in this stage. Just keep moving for the allocated time in the plan. By the time you get to month 9, you will be jogging 3-5 miles (or more!) easily.

Do not be captive to this plan. You can go further and longer, or jump ahead if you

find it's too easy. Stay at a distance/time for an extra few weeks if you are feeling that you are too tired or the time is too long. Adjust as needed. **Remember to recover (see below)**, and build in your recovery days and weeks.

Be careful to listen to your body and your soul. Your body will tell you its limits – and you *should* push its limits sometimes. But listen to the pain limits. Listen to your soul. If you feel bad or are sick one day, lay off.

Galloway Method:

Google the “Galloway Method” and read about it, and determine if it’s right for you. Galloway incorporates walk breaks into your jogs (or vice versa if you are beginning – you might incorporate brief moments of running).

For example, you may want to jog one minute, walk one minute and repeat until the workout is over; or jog one mile, walk one minute (that’s what I do now that I’m working longer distances). If you are very new to exercise, you might want to start with something like walk for 4 minutes, jog for 30 seconds or 1 minute, then repeat until the workout is complete. The method is up to you, but the one thing you should do ----is be consistent. If you set out on a workout, have a plan for your Galloway Method in mind and stick to it.

Month 1:

15 minute walk/jog per workout

Month 2:

30 minute walk/jog

Month 3:

35 minute walk/jog

Month 4:

40 minute walk/jog

Month 5:

40 minute walk/jog

Month 6:

30-40 minute jog

Month 7:

35-45 minute jog

Month 8:

40-50 minute jog

*Month 9:

50-60 minute jog

*The week before the race, slow down and “taper.” This means to stretch, cycle and run short(er) distances with easy effort. You want to be rested for race day.

BRICK

After Month 6, add an *additional* run workout to a cycling day *twice* a month. I prefer Wednesday to be flexible. Ride your allotted time for your cycling workout, then add 10-20 minutes of jogging immediately after the ride. This is called a “brick” workout, and simulates race day. After you cycle in a race, you hop off the bike and run.

CORE

Core workout on two run days: crunches, leg raises, and learn to plank

STRENGTH / YOGA

Strength or Yoga workout once a week before Swim. Add two strength workouts each week. Pick up a copy of *Holistic Strength Training for Triathlon* by Andrew Johnston and work on a great strength base from the beginning.

RECOVERY

Monday is your Fun Day (off day) each week. Adjust as needed.

Every **fourth** week should be a **recovery week**. This does not mean to take the week off and eat cookies – just dial back the distances and effort, and allow your body a time to recover for the next cycle!



BEGINNER PLAN

Six Months to Race Day

Days You Will Workout							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim							 *
Bike							
Run							 *
Core							
Strength / Yoga							

*Alternate swim before run, and run after bike every other week after Month 3.

Time Frame: 6 Months

BEGINNER PLAN: SWIM

You know how to swim, but you are a bit of a flailer. Get focused on your technique, so you feel more comfortable in the water. Concentrate on your stroke, your breathing and your form.

Recommend:

Total Immersion Swim DVDs. <http://www.totalimmersion.net/>

Days to Swim:

Tuesdays, Fridays.

Every other week after Month 3 add a long/open water swim before your bike ride.

Distance Cheat Sheet:

**See True Beginner Swim Plan

Starting Out:

To start for the first few weeks, aim only to swim 200-400 yards/meters each session (8-16 lengths of the pool).

Planned Distances:

For each month, you will want to calendar your workouts ahead of time. Take these basic outlines and place them on a calendar for Tuesday and Thursday of each week.

“Kick” means to use the kickboard and practice kicking down the pool. Most gyms with pools have kickboards for your use – just ask.

“Swim” means to freestyle swim.

As you get more comfortable, you may want to look online for swim “sets” which will help you find workouts that will break up the swim into sets. For example, when you start to swim in Month 3, you may want to do some sets for your swim. Sets are written in shorthand like this: 2x100, 4x50. This means swim two sets of 100 meters with a rest in between. Then swim four sets of 50 meters with a rest in between each set. (***)See True Beginner Plan for examples of Swim Sets).

In each swim, you will want to incorporate some kicks (use a kick board to practice your kicks). Pay attention to your form. Learn about drills and incorporate them after kicks. Read articles about proper swim form. Watch DVDs and YouTube videos.

Before each session, warm-up with a slow and comfortable 50-100 meters. Add a little more to your warm up each time, if you can. Don’t forget to cool down also.

Month 1:
Warmup
Kick: 50 meters
Swim: 200-400 meters
Cooldown



Month 2:
Warmup
Kick: 50
Drill: 50
Swim: 400-600
Cooldown

Month 3:
Warmup
Kick: 75-100
Drill: 50
Swim: 600-900
Cooldown

Month 4:
Warmup
Kick: 100
Drill: 100
Swim: 900-1000
Cooldown

Month 5:

Warmup

Kick: 100

Drill: 100

Swim: 900-1200

Cooldown

Month 6:

Warmup

Kick: 100

Drill: 100

Swim: 1000-1400

Cooldown

Open Water:

Do not go into open water until Month 6 or 7 or until you feel very comfortable in a pool. You may want to shoot for a pool swim for your first triathlon if the water is an issue for you.

Do not do your first open water swim alone. Take a friend who has swum in open water before. If the water is cold, get fitted for a wetsuit. Practice putting on your wetsuit. You will need lots of lube (TriSlide, BodyGlide) to get that puppy to slide up.

Take it slow, and try and remain calm when you do get to the open water. Again, make sure that you are 100% comfortable in the pool before you hit the open water.

Swim at least three times in open water before your race (preferably more). Learn to sight (keep your eye on the buoy or other landmark) in order to stay on course.

Good video resource:

<http://bit.ly/1Agl8P>



BEGINNER PLAN: BIKE

Learn to ride a road bike. You can feasibly use a mountain bike for your first race, but a road bike should not be far behind. Ideally, you should have a bike that has been “fitted” for you. Go to a bike shop and make sure that you are properly fitted on your bike. For comfort and safety reasons, this is important. Make sure you have a comfortable helmet and bike clothes.

Clipless pedals and cycling shoes are optional, and they will make riding more comfortable – but only *after* you are comfortable on a bike. I do not recommend getting these until you are very comfortable and happy on your bike. The clipping in and out of the pedals is another thing to think about – and if you are unsteady on the bike, do not add another element. When the time is right – you will know! When and if you decide to get clipless pedals, have someone (reputable) show you how to use them.

Read about bike mechanics and the rules of the road. Try not to ride alone to start. Name your bike. It will make you love it more.

Remember to learn the rules of the road. Stay alert at all times. Pay attention. Remember this is just a frame work. Get a cycling book. Read articles on BeginnerTriathlete.com, and remember to enjoy yourself!

Days to Bike:

Wednesday, Saturday.



Distance:

On Wednesday, take a spin class. Stay for an extra ten minutes after and ride a little longer after you've been training for 3 months. On Saturday, hit the road with your bike and a friend if you can.

Month 1:

8-12 miles per ride

Month 2:

13-15 miles

Month 3:

15-18 miles

Month 4:

18-22 miles

Month 5:

22-25 miles

Month 6:

25-30 miles



BEGINNER PLAN: RUN

Time to jog, baby. Start slowly and take time to learn proper mechanics.

Recommend: Have a running coach/trainer evaluate your run form as soon as you begin to *run*. Trust me – this is an injury saver.

Days to Run:

Monday, Thursday, and Saturday (Add Brick workout after Month 3, once a week to your Saturday workout)

Galloway Method:

Google the “Galloway Method” and read about it, and determine if it’s right for you. Galloway incorporates walk breaks into your jogs (or vice versa if you are beginning – you might incorporate brief moments of running).

For example, you may want to jog one minute, walk one minute and repeat until the workout is over; or jog one mile, walk one minute (that’s what I do now that I’m working longer distances). If you are very new to exercise, you might want to start with something like walk for 4 minutes, jog for 30 seconds or 1 minute, then repeat until the workout is complete. The method is up to you, but the one thing you should do ----is be consistent. If you set out on a workout, have a plan for your Galloway Method in mind and stick to it.

Distance:

Month 1:

1 mile walk/jog per workout

Month 2:

1-2 mile jog

Month 3:

1.5-2.5 mile jog (add hills and intervals)

Month 4:

2.5-3 mile jog (add hills and intervals)

Month 5:

3-4 mile jog (add hills and intervals)

Month 6:

4-5 mile jog (add hills and intervals)

*The week before the race, slow down and “taper.” This means to stretch, cycle and run short(er) distances with easy effort. You want to be rested for race day.

BRICK

After Month 3, add an *additional* run workout to a cycling day *twice* a month. I prefer Wednesday to be flexible. Ride your allotted time for your cycling workout, then add 20-30 minutes of jogging immediately after the ride. This is called a “brick” workout, and simulates race day. After you cycle in a race, you hop off the bike and run.

CORE

Core workout on two run days: crunches, leg raises, and learn to plank

STRENGTH

Strength or Yoga workout once a week before Swim. Add two strength workouts each week. Pick up a copy of *Holistic Strength Training for Triathlon* by Andrew Johnston and work on a great strength base from the beginning.

RECOVERY

Sunday is your Fun Day (off day) each week. Adjust as needed.

Every **fourth** week should be a **recovery week**. This does not mean to take the week off and eat cookies – just dial back the distances and effort, and allow your body a time to recover for the next cycle!



THREE MONTH PLAN

DAYS YOU WILL WORKOUT							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim							 *
Bike							
Run				 **			
Core							
Strength / Yoga							

*Open Water Swim – see plan

**Brick Workout – see plan

THREE MONTH PLAN: SWIM

You know how to swim, but you need to hone your skills.

Days to Swim:

Tuesday, Thursdays.

Every other week add a long/open water swim before your bike ride.

Distance Cheat Sheet:

***See True Beginner Plan

Planned Distance:

Swim 1600-2200meters each swim session. 30-60 minutes per session.

Incorporate speed drills, kicks, drills and continuous swim practices. See online articles, YouTube, and Beginner Plan for ideas, and add distance.

Example Swim Workouts:

Workout 1:

Warmup: 100 easy

Kick: 100

Drills: 25 superman, 25 fist, 50 fingertip drag

Main Set: 100; 4x50 descending; 100 pull; 8x25 fast; 2x200 :30 btw; 3x100 :30 btw

Cooldown: 100 easy

Workout 2:

Warmup: 100 easy

Kick: 100

Drills: 25 superman, 25 fist, 50 fingertip drag

Main Set: 100+200+300+400+300+200+100, :30 btw; Cooldown: 100 easy

Cooldown: 100 easy

Workout 3:

Warmup: 100 easy

Kick: 100

Drills: 25 superman, 25 fist, 50 fingertip drag

Main Set: 1200 continuous for time; 4x100 easy

Cooldown: 100 easy

Recommend: This is the level where you want to join the Master's Swim Class at your gym. Incorporate drills like fist, catch, backstroke and others. You might want to introduce the pull float.

Open Water:

Take to the open water once a month where time allows. Practice sighting. Learn to feel uber comfortable in the water so that on race day you are flying, not fearing.

THREE MONTH PLAN: BIKE

You can ride a bike and you are comfortable with the rules of the road. Now it's time to get stronger and faster.

Days to Bike:

Wednesday, Saturday.

Distance:

On Wednesday, take a spin class if you can't get outside. Preferably, get outside. But if you can't ride, then get to spin class early or stay for a thirty minutes and ride a little longer.

On Saturday, hit the road with your bike. Add some hill repeats every other week.

Month 1:

15-20 miles per ride

Month 2:

20-25 miles

Month 3:

25-35 miles

THREE MONTH PLAN: RUN

Time to get faster. Check out interval workouts and hill repeats for added toughness. Make sure you pay attention to heart rate training zones. Read online for more information.

Recommend: Have a running coach/trainer evaluate your run form as soon as you begin to *run*. Trust me – this is an injury saver.

Days to Run:

Sunday, Wednesday*, Friday (*Add Brick workout once a week, see below)

Galloway Method:

Google the “Galloway Method” and read about it, and determine if it’s right for you. Galloway incorporates walk breaks into your jogs (or vice versa if you are beginning – you might incorporate brief moments of running).

For example, you may want to jog one minute, walk one minute and repeat until the workout is over; or jog one mile, walk one minute (that’s what I do now that I’m working longer distances). The method is up to you, but the one thing you should do ----is be consistent. If you set out on a workout, have a plan for your Galloway Method in mind and stick to it.

Distance:Month 1:

2 mile run each workout (one day of 2 miles intervals/hills)

Month 2:

3-4 mile jog (one day of 3 miles intervals/hills)

Month 3:

4-6 mile jog (one day of hill repeats)

Month 4:

2.5-3 mile jog (one day of intervals/hills)

Month 5:

3-4 mile jog (one day of intervals/hills)

Month 6:

5 mile jog (one day of intervals/hills)

*The week before the race, slow down and taper.

BRICK

Add a run workout to a cycling day once a week.

Ride your allotted time for your cycling workout, then add 1-3 miles of jogging immediately after the ride, building up gradual progression.

CORE

Ab and core workouts on two run days, one swim day

STRENGTH / YOGA

Add two strength workouts each week. Pick up a copy of *Holistic Strength Training for Triathlon* by Andrew Johnston and work on a great strength base. Add YOGA twice a month, or weekly if time allows before swim.

RECOVERY

Monday is your Fun Day (off day) each week. Adjust as needed.

Every **fourth** week should be a **recovery week**. This does not mean to take the week off and eat cookies – just dial back the distances and effort, and allow your body a time to recover for the next cycle!



RACE DAY CHECKLIST

The Few Days Before the Race: Make sure you have everything you need (spare tire tube, bike bag, working goggles, pumped tires). Practice visualizing your race success and plan. Drink lots of water and stay away from junk food and alcohol.

Day Before: Stay hydrated. Eat a good portion of carbohydrates for dinner early in the evening. Do not go overboard – this is a sprint distance! You may need to rack your bike the day before, depending on the race. Read the race director’s emails and the website to know the specifics for your race.

Race Morning: Practice your visualizations as you get ready for the race. Eat well in advance of the race (2-3 hours) and make sure you get your first poop in. You’ll be glad you did.

Right Before the Race: Be thankful. Be present.
Race: Be happy that you can do this race!

During the Race: Never let doubt creep in. Stay focused on your finish. No matter how slowly you go – just go – just keep putting one foot in front of the other. Smile for the cameras. Later, do not speak badly of your race photos, because no matter how funny they may be – it’s your accomplishment in print.

After the Race: Give yourself a pat on the back and enjoy that post-race meal!

THE BOOK



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-Chrissie Wellington,
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meredith atwood



Meredith ("Swim Bike Mom") is a wife, mother, author, attorney, insomniac and writer. She was trying not to lose her mind –and then she found triathlon. It was a lifesaver. Meredith has completed many races, including two half Ironman triathlons. She is training for Ironman Coeur d'Alene 2013. Whereby Swim Bike Mom is not an expert, she is certainly married to The Expert. She and the Expert have two kids, James & Stella. She blogs at SwimBikeMom.com, and is completely obsessed with all forms of social media.

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