

UM Triathlon Club Training Plan

People are different, psychically and physiologically, so the key to success will be adjusting the training to the individual level of each person. Therefore, before starting, everyone should evaluate their level of professionalism in each of the triathlon disciplines.

Levels are as follows **(IDENTIFY YOUR LEVELS)**

Level	SWIM	BIKE	RUN
C	<ul style="list-style-type: none">- Competitive triathlete or experienced swimmer- Adequate knowledge of all four competitive strokes: Freestyle, Backstroke, Butterfly and Breaststroke- Mastering racing aspects such as flip turns, diving and streamline	<ul style="list-style-type: none">- Competitive triathlete or experienced cyclist- Regularly ride with a fast-paced group once/twice a week and are comfortable on technical descents and challenging climbs- Mastering racing aspects such as mount/dismount the bike, wear shoes with cleats, drink water with any hand, change gears, draft, ride in a peloton	<ul style="list-style-type: none">- Competitive triathlete or experienced runner- You have experience with gels and hydration strategies during intense competition/training- You learn the values of your own fundamental paces and can keep them without too many fluctuations
B	<ul style="list-style-type: none">- Recreational swimmer- Should be able to swim at least 4 laps in a row of Freestyle with a decent amount of speed	<ul style="list-style-type: none">- Casual amateur athlete who competes in the occasional bike race or triathlon- You enjoy long days in the saddle every once in a while and love exploring new destinations by bike	<ul style="list-style-type: none">- Able to run 5k - 10k without stopping.- You have little experience doing fartlek and speed training
A	<ul style="list-style-type: none">- Occasional or beginner swimmer- Should be able to swim freestyle with side breathing	<ul style="list-style-type: none">- A fit person and adventure rider who enjoys riding on the weekends or vacation- You appreciate a good challenge and can comfortably handle a few hours on the bike	<ul style="list-style-type: none">- Beginner

Event Schedule: MEETC **(CONFIRM YOUR ATTENDANCE - training purposes)**

- September 11: [Zoom RedHawks Tri Festival \(Sprint and Olympic\)](#) - Oxford, OH
- September 18: [TRI-DU Muncie \(Sprint and Olympic\)](#) - Selma, IN
- September 25: [Tri the Illini \(Sprint\)](#) - Champagne, IL
- October 2: [Lake Freeman Tri Conference Championship](#) - Monticello, IN

Training instructions:

- When you finish your workout (within 15 minutes), eat a bar or fruit to recover your muscles faster and prevent muscle wasting
- [Information on the training zones here, but do not hesitate to ask me anything related](#)
- Swimming drills explained:
 - [Catch up](#)
 - [Finger-Tip](#)
 - [Shoulder Tap Drill](#)
 - [Fist](#)
- Depending on your level (A, B, C), you will carry out the corresponding session

Week 1: August 29 - September 4

Training Phase: preparatory

MONDAY - Running focus (primary) + swimming focus

Level	C	B	A
Run	800m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 6 miles z2-z3	800m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 4 miles z2-z3	400m warm up Drills (pose drill, high knee drill, a-skips, a-skips + can-can, 50m strides) 2-3 miles z2-z3
Swim	300 easy 300 (50 fist, 50 fr) 300 paddles 1000 pull + paddles 300 easy 300 z3-z4 300 easy 300 (25 z5, 75 z2) Total: 3,100	300 easy 300 (50 fist, 50 fr) 300 paddles 800 pull + paddles 300 easy 300 (25 z5, 75 z2) Total: 2,300	300 easy 300 (25 finger tip, 25 fr) 300 (25 shoulder tap, 25 fr) 300 (25 fist, 25 fr) 300 easy Total: 1,500
Strength	8x1min abs, r15" Stretching		

TUESDAY - Swimming focus + cycling focus + strength

Level	C	B	A
Swim	200 easy 200 breathing every 5-7 300 (50 finger tip, 50 fr) 200 paddles 200 (25 z5, 25 z2) 5x200 z4, r20" 3x: 4x50 z5 200 easy Total: 3,200	200 easy 300 breathing every 3-5 300 (50 catch up, 50 fr) 300 (50 finger tip, 50 fr) 3x: 4x50 z5 200 easy 100 kick 100 easy Total: 2,500	200 easy 300 breathing every 3rd 300 (50 catch up, 50 fr) 300 (50 finger tip, 50 fr) 100 kick 100 easy Total: 1,300
Bike	80min z2	60min z2	40min z2
Strength	Upper body: 4x15 at your 65% max capacity (slow reps)		

WEDNESDAY - Cycling focus (primary) + running focus

Level	C (FTP-Based)	B	A
Bike	Outdoor: 3 miles warm up 15 miles: 4 miles z3 1 mile z4 3 miles cool down Indoor: 15min easy 3x: 4min 80% 3min 110% 2min 75% 1min ALL OUT! 5min easy	Outdoor: 18-20 miles route recognition, z2 Indoor: 15min easy 3x: 4min z3 3min z4 2min z2 1min ALL OUT! 5min easy	Outdoor: 10-20 miles route recognition, z2 Indoor: 10min easy 10min: 20sec z4 40sec easy 10min z2-z3 10min easy
Run	5 miles fartlek: 1mile easy 4 miles: 3min z2 2min z3	3-4 miles fartlek: 1mile easy 3 miles: 4min z2 1min z3	
Strength	8x1min abs, r15" Stretching		

THURSDAY - Swimming focus + strength

Level	C	B	A
Swim	500 easy 500 pull + paddles 10x100 z2, r10" 10x50 paddles z3-z4, r15" 400 z4-z5 (tell me your time afterwards!) 100 easy Total: 3,000	200 easy 300 pull + paddles 10x100 z2, r10" 10x50 z3-z4, r15" 400 z4-z5 (tell me your time afterwards!) 100 easy Total: 2,500	200 easy 200 pull + paddles 5x100 z2, r10" 4x50 z3-z4, r15" 200 z4-z5 (tell me your time afterwards!) 100 easy Total: 1,400
Strength	Lower body: 4x15 at your 65% max capacity (slow reps)		

FRIDAY - Rest Day

It allows your body to make the physiological adaptations that were stimulated by your hard work throughout the week. This is a great day to not workout, do some light yoga, or go for an easy swim in the pool. Your heart rate should not go higher than zone 2.

WEEKEND - Bricks/Long Run/Long ride

Level	C	B	A
Run	8 miles z2-z3	6 miles z2-z3	4 miles z2-z3
Bike			
Brick	40 miles T2 6k @race pace	25 miles T2 4k @race pace	15 miles T2 2k @race pace