

INTERMEDIATE

10-WEEK PROGRAM

OLYMPIC DISTANCE
TRIATHLON

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WEEK 1

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 40 minutes, easy effort: 6 x 30 seconds at threshold

Wednesday: Run 2.5 miles: 1-mile warm-up, 4 x 400m (tempo),
.5-mile cool down / swim 1800 yards: warm up #1 / 4 x 100 aerobic / 6 x 50
tempo / 4 x 100 aerobic / 200 cool down

Thursday: Bike 45 minutes: steady state ride, aerobic zone
Strength Session

Friday: Run 2.5 miles: steady state run, aerobic zone
Swim 1900 yards: warm up #2 / 2 x 400 easy effort / 200 paddles / 200 cool down

Saturday: Bike 70 minutes, aerobic zone; incorporate 6 x 1 minute at
threshold

Sunday: Run 4 miles: steady state, aerobic zone
Strength Session

WEEK 2

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 45 minutes: 6 x 50 seconds at threshold

Wednesday: Run 2.5 miles: 1-mile warm-up, 4x400 slightly above threshold, .5 mile cool down
Swim 1900 yards: warm up #2 / 3 x 50 drill / 10 x 25 max effort / 8 x 50 threshold / 4 x 100 tempo / 200 cool down

Thursday: Bike 45 minutes: steady state, aerobic zone
Strength Session

Friday: Run 3 miles: aerobic zone
Swim 1900 yards: warm up #4 / 4 x 50 drill / 3 x 300 aerobic / 200 cool down

Saturday: Bike 65 minutes: 5 x 2 minutes at threshold + 10 minute run

Sunday: Run 4 miles: steady state, aerobic zone, last mile at tempo
Strength Session

WEEK 3

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 45 minutes, aerobic zone: 6 x 1 minute at threshold

Wednesday: Run 3 miles: 1 mile warm up, 4 x 800m at threshold
Swim 1900 yards: warm up #5 / upper drill 6 x 50 / lower drill 6 x 50 / 2 x 300 / 200 cool down

Thursday: Bike 60 minutes, aerobic zone, 5 minutes at tempo
Strength Session

Friday: Run 3 miles: aerobic zone
Swim 1900 yards: warm up #1 / 3 x 50 drill / 3 x 50 drill / 6 x 50 fast-50 slow / 3 x 100 tempo / 200 cool down

Saturday: Bike 75 minutes: 7 x 2 minutes at threshold + 10 minute run

Sunday: Run 5 miles: 5 x 1 minute at threshold
Strength Session

WEEK 4

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 50 minutes: 5 x 1 min max effort

Wednesday: Run 3 miles: hill repeats

Swim 2100 yards: warm up #2 / 4 x 50 drill / 4 x 50 max effort / 4 x 200 aerobic / 200 cool down

Thursday: Bike 60 minutes: steady state, aerobic zone

Strength Session

Friday: Run 3 miles: steady state, aerobic zone

Swim 2200 yards: 4 x 50 drill / 4 x 300 aerobic / 1 x 100 pull / 200 cool down

Saturday: Bike 75 minutes aerobic zone, 3 x 6 minutes at tempo + 10 minute run

Sunday: Run 6 miles: miles 2,4,6 at tempo

Strength Session

WEEK 5

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 45 minutes: steady state, aerobic zone

Wednesday: Run 2 miles: tempo run

Swim 1600 yards: warm up #4 / 4 x 100 free - 100 pull

Thursday: Bike 45 minutes, aerobic zone, 5 x 1 minute at tempo
Strength Session

Friday: Run 2.5 miles: steady, aerobic zone

Swim 1600 yards: warm up #5 / 4 x 200 aerobic

Saturday: Bike 65 minutes: steady state, aerobic

Sunday: Run 5 miles: easy effort

Strength Session

WEEK 6

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 60 minutes: 5 x 3 minutes at threshold
Strength Session

Wednesday: Run 3 miles: 3 x 1 mile repeats slightly above threshold, 2-3 minute rest in between; swim 2200 yards: warm up #4 / 2 x 500 easy / 3 x 50 kick-100 pull-50 kick / 100 cool down

Thursday: Bike 65 minutes: aerobic zone

Friday: Run 3 miles: aerobic zone
Strength Session

Saturday: Bike 80 minutes: 1 x 15 minute at threshold + 15 minute run

Sunday: Run 7 miles: aerobic zone
Open Water Swim, target ~2000 yards

WEEK 7

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 60 minutes: 4 x 3 minutes at threshold + 10 minute run

Wednesday: Swim 2300 yards: warm up #2 / 4 x 50 drill / 6 x 200 at tempo / 200 pull cool down: Strength Training

Thursday: Bike 65 minutes: aerobic zone

Friday: Run 3 miles: aerobic zone
Strength Training

Saturday: Bike 80 minutes, 1 x 15 minute at threshold + 15 minute run

Sunday: Run 7 miles: aerobic with mile 4 and 5 at tempo
Open Water Swim, target above 2000 yards

WEEK 8

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 65 minutes: 6 x 4 minute at threshold

Wednesday: Run 3 miles: hill repeats

Swim 2300 yards: warm up # 1, swim 1600 continuous, aerobic zone

Thursday: Bike 75 minutes: aerobic, 5 x 30 sec max effort

Friday: Run 3.5 miles: aerobic zone

Strength Training

Saturday: Bike 90 minutes: 1 x 20 minute at threshold + 10 minute run

Sunday: Run 7 miles: aerobic

Open Water Swim, target 2200-2400

WEEK 9

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 65 minutes: 6 x 4 minutes at threshold

Wednesday: Run 3 miles: 3 miles at threshold

Swim 2300 yards: warm up #3 / 4 x 50 kick 100 pull / 4 x 200 / 200 cool down

Thursday: Bike 70 minutes: aerobic zone

Strength Training

Friday: Run 5 miles: aerobic zone

Saturday: Bike 90 minutes 2 x 10 at threshold + 15 minute run

Sunday: Run 8 miles: aerobic, last 3 miles at threshold

Open Water Swim, target 2500

WEEK 10

Triathlon Training

Monday: Recovery Day - foam roll & mobility work

Tuesday: Bike 45 minutes: 5/10, incorporate 5-6 x 30 second build to threshold pace

Wednesday: Run 3 miles: easy effort
Swim 1000 yards: 1 x 200 / 6 x 100 / 200 cool down

Thursday: Bike 45 minutes: aerobic zone

Friday: Run 2 miles: aerobic zone
Swim 800 yards: 1 x 200 / 2 x 50 kick - 100 pull - 100 free / 100 cool down

Saturday: Rest Day

Optional: 15 minute easy effort run OR short open water swim at race venue

Sunday: RACE DAY

Swim Warm-Up

#1: 100 free - 50 kick - 100 pull
- 50 kick - repeat

#2: 200 free - 50 kick - 200 pull
- 50 kick - 200 paddle

#3: 50 free - 100 free - 150 free
- 200 free

#4: 100 free - 50 backstroke -
100 pull - 50 backstroke -
repeat

#5: 500 yards of your choice



Intensity Zone

5/10 **Easy Effort:**

This should be a very low-intensity training zone. This effort should feel very comfortable.

6/10 **Aerobic Zone:**

A vast majority of your training will take place in this zone. You should be able to easily hold a conversation at this intensity.

7/10 **Tempo:**

Breathing rate begins to elevate and holding a conversation becomes difficult.

8/10 **Threshold:**

This is the level of effort you can hold for approximately 1 hour without fatigue.

9/10 **Max Effort:**

Very high-intensity effort. Some speed work will be around this intensity.

