



Training for the Try a Tri

A Basic 10 Week Training Plan

This programme is designed to allow you to complete the Try a Tri. It assumes you are coming into the plan with minimal training in any of the three disciplines but you can swim. If you feel that it is a little easy for you we suggest you take components from the “Classic Tri” programme to up the ante.

Some basic terminology to understand the programme

Intensity guidelines	
Easy	As it sounds this should be a low level effort where you are not puffing. For many of you this might just be walking briskly.
Steady	At this effort you should still be easily able to have a conversation. This is your basic endurance training pace
Moderately Hard	Pick up the pace to a level where breathing deepens. You should still be able to hold a conversation but not easily
Hard	Your hard zone is for race pace work so it is an effort you can maintain for 40+minutes, but with real difficulty. Conversation would be broken
Very Hard	This is your maximum effort for 10-15mins
Fast	This is your maximum effort for 5mins all out and it generally used for sprint training

Some other terms & notes

- Open water swimming – you should aim to have two open water swims at the race site before the event to get used to the open water, navigating and the temperature.
- Cadence – the number of revolutions one leg does per minute
- Transitions – the change between swim to bike and bike to run. Practice these in training
- Biking
 - Any sort of bike is fine for the Try a Tri as long as it is road worthy. Make sure you have good pressure in the tyres (you should not be able to press the tyre in at all)
 - Ensure your helmet fits correctly and does not slide back on your head
 - The main rules to observe in the race is there is no drafting on the bike which means you cannot ride within 3 bike lengths of the person in front of you
- Running
 - You can run or walk the run.
 - Running directly after biking is hard work so practice it in the final few weeks of the programme
- Other conditioning
 - Aim to stretch for at least 5mins after each workout
 - It is useful to do some core strength work during the week

WEEK 1-3

	SWIM	BIKE	RUN
Monday			
Tuesday	Easy 15mins swim. Rest every 2 lengths for as long as you need. Every 5mins take extra recovery		
Wednesday		Bike 20-30mins easy on the flat. Focus on turning legs over with an easy gear at a good cadence	
Thursday			Repeat: walk 1km / Run 500m for 30mins
Friday	OPTIONAL 15mins – warm up then swim easy for as long as you can without stopping. Try to get a little further each week		
Saturday		Bike 20-30mins easy on the flat. Focus on turning legs over with an easy gear at a good cadence	Run or walk 10mins steady straight after completing the ride
Sunday			

WEEK 4-6

	SWIM	BIKE	RUN
Monday			
Tuesday	20mins swim. 5mins easy swimming to warm up, then for 10mins: repeat 50m steady, 50m mod hard taking as much rest as you need each 50m. Finish with 5min easy swimming		
Wednesday		Bike 20-30mins . Warm up 10mins then repeat 5mins steady / 5mins mod hard for the rest of the ride	
Thursday			30mins repeating 1km walk / 1km steady to mod hard run
Friday	OPTIONAL 15mins – warm up then swim easy for as long as you can without stopping. Try to get a little further each week		
Saturday		Bike 30mins . Warm up 10mins / 15mins mod hard / 5mins easy	Run 1km steady off the bike
Sunday			

WEEK 7-9

	SWIM	BIKE	RUN
Monday			
Tuesday	20mins swim. Warm up 5-10mins easy. 3-5 x 100 mod hard (30 sec rest each 100)		
Wednesday			Warm up with an easy run or walking then 2.5km continuous run @ mod hard intensity. Warm down
Thursday		Bike 30mins as 10mins warm up 2 x (3mins mod hard / 2mins easy / 3mins hard / 2mins easy)	
Friday			
Saturday	Add in a swim before the bike / run at least once treating it as a race simulation. In the other weeks try to get in an open water swim	Bike / Run: Bike 30mins as 10mins warm up / 20mins race pace. Run off the bike 1-2km. Practice transitions.	
Sunday			

WEEK 10

	SWIM	BIKE	RUN
Monday			
Tuesday	Warm up 2x150m @ race pace		
Wednesday			Warm up 5 x (1min race pace / 1min easy). Warm down
Thursday		Bike 20mins easy then practice race transitions	
Friday			
Saturday			
Sunday	RACE DAY	RACE DAY	RACE DAY

Have fun with your training