



- Triathlon Training

Weekly Training Plan - Olympic

BASE 2, WEEK 1 OF 4

Mar 31 to April 6

Summary	MON 31	TUE 1	WED 2	THUR 3	FRI 4	SAT 5	SUN 6
Swim 1:00 Bike 2:30 Run 1:30 Hours 5:00	Swim :20-1:00 Join coach Kyle and Antonio at the DT YMCA for these technique and endurance focused workouts. Great for new swimmers, with workouts provided for experienced swimmers. Expect 1-2 kilometers of swimming. Bike :45 After a 10 min warrmup, practice "Spin-Ups" as 3min recovery pace then 30sec fast cadence. Try to hold 100 rpm (rotations per minute). Drill for a total of 3 spinups, then warmdown for 10 min. Stretch.	Run :40 Coach Rob Thiry will take athletes out on the Boise 70.3 run course for a recovery paced run. Meet at his office at 12:30pm. Keep this run 'conversational pace'. All Zone 1 to lower Zone 2. Stretch well.	Bike :45 After a 10 min warrmup, practice "Spin-Ups" as 3min recovery pace then 45sec fast cadence. Try to hold 100-110 rpm . Drill for a total of 3 spinups, then warmdown for 10 min. Stretch.	Swim (:20)/Run (:20) Brick For this brick, warmup and drill for 5min, then swim for 15min without rest. As soon as you finish, dress down and jump on the treadmill. Take 5min to ease into the run, then run the next 10min at a steady pace, just faster than conversational pace. Warmdown for the remaining time. Finish the run up with at least :10 stretching. Bike 1:00 Coach Trish will lead athletes through a trainer ride at George's cycles on Fairview Ave. Mix of strength and technique pedal drills. Main set 12x :03 as :01 low cadence, :01 high cadence and 30 seconds per leg of single leg drill. All zone 1 and Zone 2.	Rest/Flexibility Spring Sprint- Swim. Sign up for the race if you're feeling ready for the distance. Nothing prepares you for a triathlon like a good sprint distance race. If you're racing, skip the Thursday bike workout and do a 20min bike today instead. During the workout, include 2x pickups to your hardest pace for only 10seconds. Rest between intervals for 5min. Stretch lightly when done.	Run :30 3-4 mile run leaving from Fort Boise at 8:30am. Complete 6x loops around trail that circles the dog park. Goal is to run each lap 5-10sec faster than the lap before. Start out easy! Warmdown back to Fort Boise. Spring Spring- Bike/Run. Good luck to those who are competing today. Try to "negative split" the bike and run course. TriBOISE recommends that you try to watch the race even if you're not competing today.	Rest/Flexibility