

Month 1: The Beginner's Tri Training Calendar

Follow this training schedule designed by Lindsay Hyman, a Level 1 USA triathlon coach with Carmichael Training Systems in Colorado Springs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	<p>Run/Walk 20-30 min Run/Walk (jog 4 min., walk 1 min., repeat until you reach 30 min. total) Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>Swim Make sure you have all the correct equipment (swim suit, cap, goggles and fins). Ready? The goal of today's workout is to find a pool and get in. Do as many laps you can do without stopping. Rest for two minutes, then repeat.</p>	<p>Bike: 40 min Ride at an easy to moderate pace on flat terrain. Relax and get comfortable on the bike.</p>	REST	<p>Bike 60 min. [10 min. warm-up at an easy pace. Then do two 8-minute hard intervals, recovering for 10 minutes at an easy pace in between. Note how far you traveled in 8 minutes and how you feel on a scale of 1-10. Finish the ride with 14 minutes an easy to moderate effort.]</p>	<p>Run 20-30 min. [Warm up for 5 min. at an easy pace. Bike for 1 min. at a hard effort, recording your time and how you felt on a scale of one to ten. Repeat 5 min. easy/1 min. hard twice more. Cool down by biking for 5 to 10 minutes at an easy pace.] Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>
Week 2	REST	<p>Bike 45 min. Ride at a moderate pace. Pilates or yoga 30-45 min</p>	<p>Run 20 min. at a moderate effort Swim 700 yards total Warm-up 100 Drills 6 x 50 w/ :30 rest Kick 4 x 50 w/ :30 rest Cool-down 100</p>	<p>Run 30 min. at a moderate effort Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	REST	<p>Bike 60 min. at a moderate effort. Incorporate 5x1 minute fast pedals (100+ rpms- if you do not have a cadence sensor, count on your own). Rest= 1 min easy pedaling.</p>	<p>Run 30 min. at a moderate effort Finish with 4 running strides. resting 60 seconds between each. [A running stride is 10 seconds focusing on perfect form.] Swim 800 yards total Warm-up 100 Drills 8 x 25 w/ :15 rest Main Set 3 x 100 w/ :20 rest Kick 3 x 50 w/ :30 rest Cool-down 50</p>
Week 3	REST	<p>Bike 45 min. Incorporate 5x1 minute fast pedals (Pedal at 100+ rpms for five minutes, then do 1 min. at an easy pace.) If you don't have a cadence sensor, count on your own. Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>Run 30 min. at a moderate effort Finish with 4 running strides. resting 60 seconds between each. [A running stride is 10 seconds focusing on perfect form.] Swim 1,000 yardstotal Warm-up 200 Drills 6 x 50 w/ :30 rest Kick 6 x 50 w/ :30 rest Cool-down 200</p>	<p>Bike 60 min. at a moderate pace</p>	<p>Run 30 min. at a moderate effort. Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	<p>Swim 1,000 yards total Warm-up 100 Drills 10 x 25 w/ :15 rest Main Set 10 x 50 w/:15 rest Sprint 4 x 25 w/ :20 rest Cool-down 50 Bike 60 min. at a moderate effort. Incorporate 4x2 minute fast pedals (100+ rpms). Rest= 2 min. easy pedaling.</p>	<p>Run 40 min. [10 min warm-up, 5x1 min fartlek intervals (gradually pick up running speed while working on perfect running form, 1 min. very easy jog between intervals), finish run at moderate effort level.]</p>
Week 4	REST	<p>Bik 45 min. This is a recovery ride, which means you should keep your cadence at 85+ rpms for the entire time. Ride at an easy gear on flat terrain. Optional: Pilates or yoga 30-45 min.</p>	<p>Run 20 min rat a moderate effort Swimming TOTAL: 1200 Warm-up 100 Drills 6 x 50 w/ :20 rest MainSet 3 x 200 w/:45 rest Sprint 4 x 25 w/ :20 rest Cool-down 100</p>	<p>Run 30 min. at a moderate effort. Finish with 4 running strides. A running stride is a 10 sec effort focusing on perfect form. Rest 60 seconds between efforts Stretch 10 min. Click here for an easy stretching routine http://www.shape.com/workouts/133</p>	REST	<p>Bike 1 hr., 30 min. Incorporate 4x2 minute fast pedals (100+ rpms- if you do not have a cadence sensor, count on your own). Rest= 2 min easy pedaling. Run 10 min. easy pace</p>	<p>Run 40 min. [10 min warm-up, 4x2 min fartlek intervals (gradually pick up running speed while working on perfect running form, 2 min very easy jog between intervals), finish run at moderate effort.]</p>