



# BEGINNER TO IMPROVER WOMEN'S ONLY TRIATHLON - 8 WEEK PLAN

## 800M SWIM, 31.8KM BIKE & 7.5KM RUN

Assumes a basic level of fitness in all three disciplines and no injuries

Training days can be adapted to suit your lifestyle and schedule, just make sure you have good rest.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20min Swim – 100m lengths Rest for 60 secs repeat STRENGTH & CORE	REST	Run for 20mins steady pace (Walk/run if you need)	20min cycle outdoors or Spinning easy pace	REST	BRICK SESSION: 20min cycle outdoors, with 10min run off bike CORE	45mins cycle outdoors
WEEK 2	REST	25min Swim – 200m swim, then rest 60 secs: repeat as many as you can in time STRENGTH	Run for 30mins including some 30sec sprints with the 'main' portion 15mins	40min cycle outdoors including a hill	REST	60min cycle outdoors CORE	45mins easy run with 5-10 short sprints
WEEK 3	REST	20min cycle quick pace followed by swim 400m with 90 secs recovery x 2	Run for 25mins steady pace - last 5-10mins quicker pace STRENGTH	30min quick pace cycle	REST SPORTS MASSAGE IF NEEDED	BRICK SESSION: 60min cycle outdoors with hills & 10min run off bike - practise nutrition and hydration on bike	Open water testing session, getting used to the water in your wetsuit and siting: Aim to do 400m - 600m followed by 30mins bike
WEEK 4	REST	Run for 40mins steady pace with a couple of hills STRENGTH & CORE	Swim – 400m with 90 secs rest: 3 times	Cycle for 40 mins – easy pace	REST	Run for 40mins middle 20mins at a quick pace CORE	Cycle for 70-80mins with middle 30mins at quick pace, followed by 10mins run off bike
WEEK 5	REST	Swim for 30mins - 200m quick, then rest for 30 secs, repeat as many as you can in time. Bike for 20mins quick pace	Run for 30mins including hills STRENGTH	Cycle for 30mins easy	REST	Park Run – easy pace 5km CORE	Swim for 40mins - aiming to swim 800m easy pace with little rest in the open water - practise breathing and siting. Follow with 30mins bike and 20mins run to practise the transitions and feeling for all three disciplines in one day
WEEK 6	REST SPORTS MASSAGE IF NEEDED	25min Swim – 200m Swim, then rest 60 secs: repeat as many as you can in time STRENGTH & CORE	Swim for 30-40mins – 200m easy, 400m x 2 quicker pace, 200m easy: repeat as many as you can in time	30min cycle outdoors with hills	REST	BRICK SESSION: 20min cycle outdoors, with 20min run off bike CORE	Open water swim for siting and familiarisation - 90mins cycle steady pace
WEEK 7	REST	Swim 400m x 3 with 90 secs recovery between sets - make last 100m quick pace STRENGTH & CORE	Run for 45mins quick pace	Run for 45mins quick pace	REST SPORTS MASSAGE IF NEEDED	Brick session: 40min cycle outdoors, with 10min run off bike CORE	Open water swim – Practise siting and start, breathing and pacing. 20mins bike
WEEK 8	REST	Swim 400m x 2 easy pace with 15mins easy bike after swim CORE	Run for 20mins steady pace	REST	15min easy bike, with 5min easy run off bike	REST – get your kit together, good hydration & food	<b>RACE DAY</b> Enjoy!

- Rest days are as important as training days.
- Listen to your body, and only train when you feel good. Hormones and sleep make a real difference to recovery, so adapt as required.
- Book a sports massage to keep your body feeling in top condition and reduce the risk of injury.
- Keep a training diary of what you do, and how you feel.
- Ask for professional advice if you are unsure how you are doing, need confidence or motivation.
- Book a swim, bike or run 1:1 session for technique tips.
- Find a trainer partner to keep you accountable, or join a club for support.
- Relax, enjoy it and believe in yourself!



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## Basic Home Core & Strength Session to improve Triathlon Performance and reduce the risk of injury

<b>SESSIONS</b>	<b>SETS: 2 - 3</b> <b>REPS: 10 - 15 each side</b>  <b>Remember to breathe and keep core nice and tight!</b>
<b>BASIC CORE</b>	<ol style="list-style-type: none"><li>1. Plank/Bridge – hold for 30 - 60 secs</li><li>2. Dorsal Raise</li><li>3. Oblique Crunch</li><li>4. Lower Leg Cycling</li><li>5. Crunches</li><li>6. Back Alternates</li></ol>
<b>BASIC STRENGTH</b>	<ol style="list-style-type: none"><li>1. Lunges</li><li>2. Press Ups</li><li>3. Lateral Raise</li><li>4. Squats</li><li>5. Tricep Dips</li><li>6. Calve Raise</li><li>7. Bicep Curls</li></ol>

- The core and strength conditioning assumes a certain level of core strength and no back problems - if you are concerned or would like some adaptations or more advance moves then please email Kim
- If you feel it more in your lower back than abs you need to adjust the technique to prevent injury
- Drink plenty of water & always eat healthy food to give you energy before & after training. If you would like further advice or have any other questions please email Kim at [kim@energisedperformance.com](mailto:kim@energisedperformance.com)
- Consult your doctor or fitness professional before starting a training programme to check your blood pressure and any other concerns you may have.