

SF Tri Club Training Plan

Olympic Distance



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE1	Track	Swim or Swim SM1	Spin or Swim SM1	Run Easy A: 15 min B: 20 min C: 30 min	Bike A: 2hr B: 2.5 hr C: 3hr	Run A: 30 min B: 40 min C: 50 min

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE2	Track	Swim or Swim SM2	Spin or Swim SM2	Run Easy A: 20 min B: 25 min C: 30 min	Bike A: 2 hr B: 2.5 hr C: 3.5 hr	Run A: 40 min B: 45 min C: 50 min

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE3	Track	Swim or Swim SM1	Spin or Swim SM1	Run Easy A: 20 min B: 25 min C: 30 min	Bike A: 2 hr B: 2.5 hr C: 3.5 hr	Run A: 40 min B: 45 min C: 50 min

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE4	Track	Swim or Swim SM2	Spin or Swim SM2	Swim: SR1	Bike A: 2.5 hr B: 4 hr C: 5 hr	Run A: 50 min B: 55 min C: 60 min

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE5	Track	Swim or Swim SM1	Spin or Swim SM1	A: 30 min B: 40 min C: 45 min Swim: SR2	Bike A: 2.5 hr B: 3.5 hr C: 5 hr	Run A: 60 min B: 70 min C: 80 min

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE6	Track	Swim or Swim SS2 Bike 30-90 min easy	Spin or Swim SS2 Bike 30-90 min easy	Run Easy A: 15 min B: 20 min C: 25 min Swim: SR1	Bike A: 3 hr B: 3.5 hr C: 4 hr	Run A: 40 min B: 45 min C: 50 min

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WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE3	Track	Swim or Swim SS1 Bike 30-90 min easy	Spin or Swim SS1 Bike 30-90 min easy	Run Easy A: 30 min B: 40 min C: 45 min Swim: SR2	Brick A: 2 hr B; 20 min R B: 2.5 hr B; 20 min R C: 3 hr B; 20 min R	Run A: 40 min B: 45 min C: 50 min

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE4	Track	Swim or Swim SS2 Bike 30-90 min easy	Spin or Swim SS2 Bike 30-90 min easy	Run Easy A: 15 min B: 20 min C: 30 min Swim open water	Brick A: 2 hr B; 20 min R B: 2.5 hr B; 20 min R C: 3 hr B; 20 min R	Run A: 30 min B: 40 min C: 50 min

WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE1	Track	Swim or Swim SS1 Bike 30-90 min easy	Spin or Swim SS1 Bike 30-90 min easy	Run Easy A: 30 min B: 30 min C: 30 min	Brick A: 30 min S; 25 m B B: 30 min S; 25 m B C: 30 min S; 25 m B	Run A: 6.2 m B: 6.2 m C: 6.2 m

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Track	Swim or Swim SS3 Bike 30-90 min easy	Spin or Swim SS3 Bike 30-90 min easy	Run Easy A: 30 min B: 30 min C: 30 min Swim open water	Brick A: 2.5 hr B; 20 min R B: 2.5 hr B; 20 min R C: 3 hr B; 20 min R	Run A: 40 min B: 50 min C: 60 m in

WEEK 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE6	Track	Swim or Swim SS2 Bike 30-90 min easy	Spin or Swim SS2 Bike 30-90 min easy	Run Easy A: 30 min B: 40 min C: 45 min Swim open water	Brick A: 2.5 hr B; 20 min R B: 2.5 hr B; 20 min R C: 3 hr B; 20 min R	Run A: 50 min B: 50 min C: 60 m in

WEEK 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Swim SE3	Track	Swim or Swim SS1 Bike 30-90 min easy	Spin or Swim SS1 Bike 30-90 min easy	Swim easy - just get wet A: 15 min B: 15 min C: 15 min	Run easy with a few strides A: 15 min B: 20 min C: 30 min	RACE!

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Notes

The letters A, B, and C are for skill level. Be honest with yourself in addressing your own training. If you are inexperienced and try a harder level, you may get injured.

This training plan is designed FOR YOU TO MISS WORKOUTS. There are optional rest days on Mondays, feel free to use them. If you need a break, take a day off – you will be better off for it.

The Wednesdays and Thursdays where it says Spin or Swim and Bike means Spin only, or bike and swim. If you are doing spin, do not do the swim or the listed bike workout.

This training plan is not the same as coaching. It has not been prepared by a coach with your physiology, goals, needs, etc in mind. This training plan is intended to assist the SF Tri Club PEP in preparing for an olympic distance triathlon.

If you want to optimize your training experience, SF Tri Club has relationships with several outstanding coaches you can contact.

Like any sporting endeavor, you should seek advice from your doctor before partaking in any such activity.

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Swim Workouts

SE1

WU: 200 Swim, 2x200 Drills
MS: 300, 200, 100 Mod (RI :20)
200, 100, 50 Neg. Split (RI: 25)
200 Fast (RI :30)
100 Fast (RI: 30)
6x100 Pull (RI: 20)
CD: 100
(Total Yards: 2550)

SE2

WU: 6x75 (RI :20)
MS: 2x200 (RI :20)
1x100 Mod
2X200 (RI :30)
1x100 Mod
2x300 (RI :40)
1x100 Mod
CD: 6x75 (RI :20)
(Total Yards: 2600)

SE3

WU: 300 Swim, 200 Kick
MS: 4x200 (150 Swim, 50 Kick) (RI :30)
1:00 Bonus Rest
600 Pull Neg. Split (RI 1:00)
16x25 Desc 2-2-2-2 (RI :15)
CD: 200
(Total Yards: 2500)

SE4

WU: 300 Swim, 300 Kick
MS: 6x150 Desc 2-2-2 (RI :20)
1:00 Bonus Rest
6x100 Desc 2-2-2 (RI :15)
1:00 Bonus Rest
6x50 Desc 2-2-2 (RI :10)
CD: 100
(Total Yards: 2500)

SE5

WU: 2x200 Swim, 4x25 DPS (RI :15)
MS: 2x250 Moderate (RI :15)
4x50 Build (RI :15)
2x200 Moderate (RI :15)
4x50 Build (RI :15)
2x150 Tempo (RI :15)
200 Kick (RI :15)
CD: 200
(Total Yards: 2500)

SE6

WU: 300 Swim, 300 Kick, 300 Pull,
200 Swim, 200 Kick, 200 Pull
MS: 1000 Tempo
CD: 300
(Total Yards: 3300)

SM1

WU: 400 Swim, 12x25 DPS (RI :15)
MS: 5x75 Build (RI :15)
5x75 Alt Fast and Easy (RI :15)
1:00 Bonus Rest
5x75 Build (RI :15)
5x75 Alt Fast and Easy (RI :15)
400 Pull
CD: 100
(Total Yards: 2700)