

The Rock Tri Club

TRI-101 Sprint Triathlon Training Log

Introduction

This is a 12-week training log for TRI-101 participants. This training log will help keep you on track to successfully complete the Tri The Rock sprint-distance triathlon. Complete the training log by filling in your training times in the appropriate blocks. The workout guidelines are simply a tool you can use to compare your training times to a beginner-level progression. Because the TRI-101 program is designed specifically to build endurance, it does not matter how fast you go. The key to this program is building your workout lengths.

Training Log:

	SWIM (minutes)		BIKE (minutes)		RUN (minutes)		TOTALS
Week 1 (3/4 - 3/3)	<i>Swim1 - 20</i>	<i>Swim2 - 15</i>	<i>Bike1 - 40</i>	<i>Bike2 - 40</i>	<i>Run1 - 20</i>	<i>Run2 - 20</i>	<i>Total - 155</i>
Week 2 (3/4 - 3/10)	<i>Swim1 - 25</i>	<i>Swim2 - 15</i>	<i>Bike1 - 45</i>	<i>Bike2 - 40</i>	<i>Run1 - 25</i>	<i>Run2 - 20</i>	<i>Total - 170</i>
Week 3 (3/11 - 3/17)	<i>Swim1 - 30</i>	<i>Swim2 - 20</i>	<i>Bike1 - 55</i>	<i>Bike2 - 40</i>	<i>Run1 - 30</i>	<i>Run2 - 20</i>	<i>Total - 195</i>
Week 4 (3/18 - 3/24)	<i>Swim1 - 30</i>	<i>Swim2 - 20</i>	<i>Bike1 - 55</i>	<i>Bike2 - 40</i>	<i>Run1 - 30</i>	<i>Run2 - 20</i>	<i>Total - 195</i>
Week 5 (3/25 - 3/31)	<i>Swim1 - 35</i>	<i>Swim2 - 20</i>	<i>Bike1 - 65</i>	<i>Bike2 - 40</i>	<i>Run1 - 35</i>	<i>Run2 - 20</i>	<i>Total - 215</i>
Week 6 (4/1 - 3/10)	<i>Swim1 - 35</i>	<i>Swim2 - 20</i>	<i>Bike1 - 65</i>	<i>Bike2 - 40</i>	<i>Run1 - 35</i>	<i>Run2 - 20</i>	<i>Total - 215</i>
Week 7 (4/8 - 3/10)	<i>Swim1 - 40</i>	<i>Swim2 - 20</i>	<i>Bike1 - 80</i>	<i>Bike2 - 405</i>	<i>Run1 - 40</i>	<i>Run2 - 20</i>	<i>Total - 240</i>
Week 8 (4/15 - 3/10)	<i>Swim1 - 40</i>	<i>Swim2 - 20</i>	<i>Bike1 - 80</i>	<i>Bike2 - 40</i>	<i>Run1 - 40</i>	<i>Run2 - 20</i>	<i>Total - 240</i>
Week 9 (4/22 - 3/10) <i>peak</i>	<i>Swim1 - 45</i>	<i>Swim2 - 20</i>	<i>Bike1 - 90</i>	<i>Bike2 - 40</i>	<i>Run1 - 45</i>	<i>Run2 - 20</i>	<i>Total - 260</i>
Week 10 (4/29 - 3/10) <i>peak</i>	<i>Swim1 - 45</i>	<i>Swim2 - 20</i>	<i>Bike1 - 90</i>	<i>Bike2 - 40</i>	<i>Run1 - 45</i>	<i>Run2 - 20</i>	<i>Total - 260</i>
Week 11 (5/6 - 3/10)	<i>Swim1 - 30</i>	<i>Swim2 - 20</i>	<i>Bike1 - 60</i>	<i>Bike2 - 40</i>	<i>Run1 - 35</i>	<i>Run2 - 20</i>	<i>Total - 205</i>
Week 12 (5/13 - 5/19) <i>taper</i>	<i>Swim1 - 15</i>	<i>Swim2 - OFF</i>	<i>Bike1 - 30</i>	<i>Bike2 - OFF</i>	<i>Run1 - 20</i>	<i>Run2 - OFF</i>	<i>Total - 65</i>

Guidelines

- Each event has 2 workouts/wk, 1 long & 1 short. If you miss a workout, only miss the short.
- A rule of thumb to prevent injury is to keep weekly time or distance increases to around 10%.
- Strength & flexibility are two key components to triathlon. They are not shown on this log.
- Your speed does not matter with this program; the goal is simply to build endurance.
- If you are not used to frequent workouts, listen to your body for signs of overuse injuries.
- Have fun! Make sure to enjoy the camaraderie and health benefits that are a result of TRI-101.
- Remember, the race is a celebration of your training. Enjoy it.