



TRY A TRI TRAINING PLAN

This training plan is suitable for anyone with the desire to complete it and a basic level of fitness. This means that you can swim for 20 minutes, bike for 45 minutes and run for 10 minutes but not one after the other!

This program is deliberately open. It doesn't prescribe exactly what to do for each session or how hard to train. Just get outside, start getting your lungs, heart and legs healthy and active.

The program consists of 4 sessions a week increasing to 5 nearer the race. All the times are in minutes.

Feel free to swap the order of the Tuesday, Wednesday and Thursday sessions. Try to stick to the Brick and Bike sessions on the weekends.

Don't beat yourself up if you miss a session, just write it off mentally and get back on it the next day.

You are going to get tired, especially if you don't sleep, eat and drink properly. If you feel over-tired then take a couple of days off. Training when you are over-tired will make you ill.

Make sure you are well hydrated throughout the day. You shouldn't need to carry water then for any of the sessions. But feel free to, particularly on bike rides.

Stretch after every session. 5 minutes at least but 10 minutes is better.

GENERAL GUIDANCE

Swim – On the day people will use breaststroke, backstroke and front crawl. Crawl is the fastest and you should try to swim as much as possible of it during the race. This may only be a few lengths. Try to build crawl into your training sessions. You could start off by swimming 1 length of crawl for 3 lengths of breast stroke, then build up gradually to swimming alternate lengths or try to swim 2 lengths, 4 lengths etc. back to back. A pull buoy is a great tool to help improve your technique.

Bike – Your bike should be in good mechanical condition and always wear a helmet. You can use any sort of bike and mountain bikes are regularly used at events. You can train indoors on an exercise bike or outdoors. Try to get outside as much as possible. Get out and explore the villages outside of the town. Trying new routes will help you to stop thinking about how much your legs hurt. Learn to love hills. Try to find as many as possible. Drop down a few gears, keep your legs spinning and embrace the pain!

Run – The run sessions are split into WALK/RUN/WALK sections. This is help your body get used to the increase in activity and reduce your chance of injury. Run at whatever pace feels comfortable. Try some of it running easy and relaxed and some of it faster, see how you feel. If you can already comfortably run for 30 minutes, then just run. A good pair of running shoes will prove to be a worthwhile investment and help to prevent injury. A good running shop can advise you using gait analysis on a treadmill or try the wet foot test if you prefer to shop on-line. It will tell you what type of shoe to go for eg stability, neutral etc.

Brick – This means one session straight after another. It is designed to simulate race conditions and alleviate the jelly leg feeling you can get when you start running after a bike ride.

Choice – Do anything at all active. Repeat one of the sessions from earlier in the week. Work on your weakest area or your strongest. Go to a circuits or spinning class. Do weights. You decide.

Rest – The most important part of the program. Your body gets stronger by resting and recovering. Eat well and stay hydrated. Stretch. You could even try Yoga, Pilates or Body Balance classes.

| w/c | Monday REST | Tuesday SWIM | Wednesday RUN (WRW) | Thursday CHOICE | Friday REST | Saturday REST/ BRICK (B R) | Sunday BIKE |
|-------------------------|----------------|-----------------|------------------------|--------------------|----------------|----------------------------------|----------------|
| 27 th June | | 20 | 10 10 10 | 30 | | | 45 |
| 4 th July | | 20 | 10 10 10 | 30 | | | 45 |
| 11 th July | | 20 | 10 15 10 | 30 | | | 50 |
| 18 st July | | 25 | 10 15 10 | 30 | | | 50 |
| 25 th July | | 25 | 10 20 10 | 30 | | | 55 |
| 1 st August | | 25 | 10 20 10 | 30 | | | 55 |
| 8 th August | | 30 | 10 25 10 | 30 | | 20 10 | 60 |
| 15 th August | | 30 | 10 25 10 | 30 | | 20 10 | 60 |
| 22 nd August | | 30 | 10 30 10 | 30 | | 20 10 | 60 |
| 29 th August | | 20 | 10 10 10 | 30 | | | RACE |