

Glossary and Word Key

Swimming terms and drills

W/U – Warm up

Double entry drill - <https://www.youtube.com/watch?v=nYxIHcl6sqU>

C/D – Cool Down

Side kicking drill - <https://www.youtube.com/watch?v=CKGFATUfdkw>

One Arm Drill - <https://www.youtube.com/watch?v=pdONPFsSq-w>

Tarzan Drill - https://www.youtube.com/watch?v=dhhxeyWeh_s

Long Arm Doggy paddle - <https://www.youtube.com/watch?v=qZhCL2XsQNI>

Fingertip Drag Drill - <https://www.youtube.com/watch?v=0onbhg7qYYU>

Zipper Drill - <https://www.youtube.com/watch?v=Zgldi-l1IC0>

Bike and Run Key terms and drills

Zone Training (Z1, Z2, Z3, Z4) for cycling and running

Zone training tells the athlete how hard or easy to pedal or run. There are 7 zones:

Training Zone 1 / Active Recovery / Easy:

Recovery Zone – easy riding

Training Zone 2 / Endurance / Base:

All day endurance pace – most important zone when training for triathlons

Training Zone 3 and Zone 4

Extensive endurance and Intensive endurance

Week							
1	Getting Started Day off	Swim 0:30:00 W/U:200 any stroke, 15s rest 4 x 25 double entry drill 15s rest MAIN SET: 1 x300 steady 2 x200 steady 6 x 50 (25 fast / 25 easy) on 15s C/D: 200Total: 1,200	Bike 0:40:00 Z2. Include 6 x 30s single leg drill each leg (alternate legs so total of 12). Focus on keeping heels flat.	Run 0:20:00 Z2. Include 4 strides – quick fast accelerations (not a sprint) for 20s to get your muscles firing faster! Insert walking "breaks" as needed during any of the runs. Reduce amount of walking as you progress through plan.	Swim 0:30:00 W/U:100 w/u any stroke, r15s4 x 25 long arm doggy paddle r15s MAIN SET: Descending pyramid:1 x 400, 300,200, 100 steady, r20s C/D:100 Total: 1,300	Bike 1:10:00 Steady Z2	Run 0:35:00 Steady Z2 Insert walking "breaks" as needed during any of the runs. Reduce amount of walking as you progress through plan.
2	Day off	Swim #2 0:30:00 W/U:100 any stroke, 15s rest 2 x 100 side kicking drill 20s rest MAIN SET: 1 x200 easy, 2 x 100 steady, 20s rest 1 x 200 easy pull, r20s2 x 50 N/S, r20s C/D: 200 easy any stroke Total: 1,200	Bike 0:45:00 Z2. Include 6 x 30s spinning as fast as you can without bouncing in your saddle (30s easy spinning in between)	Run 0:20:00 Z2. Include 5 strides – quick fast accelerations (not a sprint) for 20s to get your muscles firing faster!	Swim Swim #2 0:30:00 W/U:100 easy free, 15s rest 2 x 100 side kicking drill MAIN SET: 1 x 200 easy, r20s 2 x 150 steady, r20s 2 x 100 (25 fast / 75 easy), r20s C/D: 200 any Stroke Total: 1,200	Bike 1:00:00 Steady Z2 Run Brick Run 0:05:00 Quickly transition to an easy run after biking.	Run 0:25:00 Steady Z2
3	Day off	Swim #3 0:35:00 W/U:200 easy pull, r20s 2 x 100 one arm drill r15s MAIN SET:2 x 200 easy, r20s2 x 100 steady,r20s 4 x 50 C/D: 100 easy any stroke Total: 1,300	Bike 0:45:00 Easy ride Z1. Include 3 x 30s single leg drill (each leg)	Run 0:25:00 Z2. Include 5 strides – quick fast accelerations (not a sprint) for 20s to get your muscles firing faster)	Swim Swim #4 0:30:00 W/U: 150 EZ6 x 25 Tarzan Drill r10s MAIN SET: 1 x 400 easy, r30s 3 x 100 steady pull, r20s4 x 25 descend, r10s C/D: 100 easy Total: 1,200	Bike 1:10:00 Steady Z2 Run Brick Run 0:05:00 Quickly transition to an easy run after biking.	Run 0:30:00 Steady Z2

Week							
4	Day Off	Swim #5 0:30:00 W/U:200 any stroke, r15s 4 x 25 r15s MAIN SET: 1 x300 steady, r15s 2 x 200 steady, r15s 6 x 50 (25 fast / 25 easy) on 15s C/D: 200 Total: 1,200	Bike 0:45:00 Z2. Include 8 x 30s spinning as fast as you can without bouncing in your saddle (30s easy spinning in between)	Run 0:30:00 Z2. Include 6 strides – quick fast accelerations (not a sprint) for 20s to get your muscles firing faster!	Swim #6 0:30:00 W/U:100 any stroke, r15s 4 x 25 long arm doggy paddle r15s MAIN SET: Descending pyramid:1 x 400, 300, 200, 100 steady, r20s C/D:100 Total: 1,300	Bike 1:20:00 Steady Z2 Run Brick Run 0:05:00 Quickly transition to an easy run after biking.	Run 0:35:00 Steady Z2
5	Day Off	Swim #7 0:35:00 W/U:200 easy pull, r20s 4 x 25 zipper drill r15s MAIN SET: 3 x 300 steady, r30s C/D:100 Total: 1,300	Bike 0:50:00 Z2. Include 3 x 1 min at race pace (Z3 / Z4).	Run 0:20:00 Z2. Include 4 x 1 min Z3 w/ 1 min easy in between.	Swim #8 0:40:00 W/U: 150 easy 3 x 50 r15s MAIN SET: 1 x 300 steady, r15s 2 x 150 steady, r15s 3 x 100 steady, r15s 4 x 75 steady, r15s C/D:100 Total: 1,600	Bike 1:10:00 Steady Z2 on a course with some hills Run Brick Run 0:10:00 Quickly transition to an easy run after biking.	Run 0:30:00 Steady Z2
6	Day off	Swim #9 0:35:00 W/U:200 easy pull, r20s 2 x 50 catch up freestyle drill r15s MAIN SET: 2 x 400 steady, r30s C/D: 200 Total: 1,300	Bike 0:55:00 Z2. Include 4 x 1 min at race pace (Z3 / Z4).	Run 0:25:00 Z2. Include 3 x 2 min Z3 w/ 1 min easy in between.	Swim #10 0:40:00 W/U:100 easy free, r15s 4 x 50 fingertip drag drill r15s MAIN SET: 4 x 150 (75 easy, 75 steady), r20s 6 x 100 (25 fast, 75 steady), r15s C/D:100 Total: 1,600	Bike 1:20:00 Steady Z2 on a course with some hills Run Brick Run 0:10:00 Quickly transition to an easy run after biking.	Run 0:35:00 Steady Z2

Week							
7	Day Off	Swim #11 0:30:00 W/U:100 easy free, r15s 2 x 100 side kicking drill, r15s MAIN SET: 2 x 500 steady, r30s C/D: 100 easy Total: 1,300	Bike 1:00:00 Z2. Include 5 x 1 min at race pace (Z3 / Z4).	Run 0:30:00 Z2. Include 4 x 2 min Z3 w/ 1 min easy in between	Swim #12 0:40:00 W/U:100 easy pull, r20s2 x 100 one arm drill r15s MAIN SET: 2 x 300 steady, r20s 6 x 100 (25 steady / 50 fast / 25 easy), r15s C/D: 200 easy free with long strokes Total: 1,600	Bike 1:30:00 Steady Z2 on a course with some hills Run Brick Run 0:10:00 Quickly transition to an easy run after biking.	Run 0:40:00 Steady Z2
8	Day Off	Swim #13 0:40:00 W/U:100 easy pull, r15s 2x 50 Tarzan Drill, r15s MAIN SET: 3 x 400 steady r30s C/D: 200 easy free Total: 1,600	Bike 0:45:00 Z2. Include 3 x 2 min at race pace (Z3 / Z4).	Run 0:30:00 Z2. Include 3 x 2 min at race pace (Z3 / Z4).	Swim #14 0:40:00 W/U:200 easy free, r15s 2 x 50 double arm entry drill r15s MAIN SET: 6 x 150 steady, r20s keep pace consistent 4 x 50 (25 fast, 25 easy), r15s C/D: 200 easy non free Total: 1,600	Bike 1:20:00 Steady Z2 on a course with some hills Run Brick Run 0:15:00 Quickly transition to a steady run after biking.	Run 0:45:00 Steady Z2
9	Day off Other Practice transitions Practice your transitions in your driveway. Lay out what you need for the race then simulate going from swim to bike (putting on bike gear then riding your bike around the block) then bike to run. Time yourself. Get faster!	Swim #15 0:35:00 W/U:200 any stroke, r15s 2 x 50 long arm doggy paddle drill r15s MAIN SET: 2 x 500, r30s C/D: 100 easy Free Total: 1,400	Bike 0:45:00 Z2. Include 3 x 3 min at race pace (Z3 / Z4).	Run 0:25:00 Z2. Include 3 x 2 min Z4.	Swim #16 0:30:00 W/U:100 any stroke, r15s 2 x 50 zipper drill r15s MAIN SET: 10 x 100 steady on 15s – keep pace consistent C/D: 100 easy free Total: 1,300	Bike 1:00:00 Steady Z2 on a course with some hills Run Brick Run 0:15:00 Quickly transition to a steady run after biking.	Run 0:30:00 Steady Z2

Week							
10	<p>Day Off Enjoy your day off! Other Practice transitions Practice your transitions in your driveway. Lay out what you need for the race then simulate going from swim to bike (putting on bike gear then riding your bike around the block) then bike to run. Time yourself. Get faster!</p>	<p>Swim #17 0:30:00 W/U: 100 easy free, r15s 2 x 50 catch up freestyle drill r15s MAIN SET: 3 x 300 steady, r15s 4 x 25 sprint, r15s C/D: 100 easy Free Total: 1,300</p>	<p>Bike 0:30:00 Z2. Include 3 x 2 min at race pace (Z3 / Z4).</p>	<p>Run 0:20:00 Z2. Include 3 x 1 min at your expected race pace (Z3/Z4).</p>	<p>Swim #18 0:20:00 W/U: 100 easy free, r15s 2 x 50 catch up freestyle drill r15s MAIN SET: 3 x 100 (25 fast, 75 easy), r15s 4 x 50 (25 easy, 25 fast), r15s C/D: 100 easy Free Total: 800 Bike 0:15:00 Easy Z1 to make sure everything works. Other Relax Stay off your feet as much as possible</p>	<p>Day Off Rest if not racing Stay off your feet as much as possible if you're not racing today. Swim OPTIONAL: Practice swim at race site. 0:10:00 0.00 yds</p>	<p>Day Off Rest if already raced If you raced today, congratulations! Enjoy the day off.</p>