

# OLYMPIC TRIATHLON TRAINING PLAN

## 16 WEEKS (FOR BEGINNERS)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	Easy Cycle 20 Min	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	Easy Cycle 30 Min	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Swim (Non Stop)	Rest Day
3	Easy Run 1 Mile (Non Stop)	Easy Cycle 45 Min	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	Easy Run 1.5 Miles (Non Stop)	Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery	Rest Day
4	Easy Run 2 Miles	Easy Cycle 50 Min	Easy Swim 15 Mins (Non Stop)	Rest Day	10 x 1 Min Run (Zone 4)/ 1 Min Jog (Zone 1)	Brick 10 Min Swim + 45 Min Bike (Zone 3)	Rest Day
5	Easy Run 2 Miles + 4 x 50m Strides	Easy Cycle 60 Min	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	Easy Swim 20 Mins (Non Stop)	Brick 30 Min Cycle + 10 Min Run	Rest Day
6	Easy Run 2.5 Miles + 4 x 50m Strides	Easy Cycle 70 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	1000m Zone 2 Swim	Swim 500m + Run 2 Miles + Cycle 10 Miles	Rest Day
7	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 75 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	Brick 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3)	Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery	Rest Day
8	Easy Run 2 Miles + 4 x 75m Strides	30 Min Cycle (Zone 2)	10 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Simulation: Sprint Triathlon Distances	Rest Day
9	3 Mile Run (Zone 2-3)	15 Mile Cycle (Zone 2)	4 x 200m Zone 3 Swim (90s Rests)	Rest Day	16 Mile Cycle with 4 x 5 Min (Tempo Pace)/ 90s Recovery	600m Easy Swim with 4 x 25m Sprints	Rest Day
10	Easy Run 4 Miles + 4 x 75m Strides	Easy Cycle 18 Miles	2 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints	Rest Day	Brick 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3)	25 Min Cycle (Tempo Pace)	Rest Day
11	Easy Run 4.5 Miles + 4 x 75m Strides	Easy Cycle 20 Miles	Easy Swim 800m + 4 x 25m Sprints	Rest Day	4 Mile Run with 2 x 10 Min (Tempo Pace)/ 90s Recovery	Swim 8 x 100m (Zone 3-4)/ 1 Min Rests	Rest Day
12	Easy Run 5 Miles + 4 x 75m Strides	60 Min Cycle with 3 x 10 Min (Tempo Pace)/ 2 Mins Recovery	Easy Swim 1000m + 4 x 25m Sprints	Rest Day	Easy Cycle 20 Min	Swim 1000m + Cycle 18 Miles + Run 3 Miles	Rest Day
13	Easy Run 5.5 Miles + 4 x 75m Strides	Easy Cycle 22 Miles	1200m Zone 2 Swim	Rest Day	5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery	Swim 5 x 300m (Zone 4) with 4 x 25m Sprints	Rest Day
14	Easy Run 6 Miles + 4 x 75m Strides	75 Min Cycle (Zone 2) with 2 x 20 Mins (Tempo Pace)	3 x 500m Zone 3 Swim (90s Rests)	Rest Day	1500m Zone 2 Swim	Easy Cycle 25 Miles	Rest Day
15	Easy Run 6 Miles + 4 x 75m Strides	60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	4 x 400m Zone 3 Swim (90s Rests)	Rest Day	4 Mile Run (Zone 2) with 10 x 90s (Zone 4)/ 30s Recovery	Brick Swim 1000m + Cycle 18 Miles	Rest Day
16	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 30 Min	15 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Day!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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# Experts Guide To The Triathlon

**EW Minium**



## **Experts Guide To The Triathlon:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Experts Guide To The Triathlon**

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no score items a raw score is then computed

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web this study examined the validity of vmi scores in 123 children with tbi and 65 with adhd the tbi and adhd groups  
performed significantly worse than the standardization

beery vmi theraplatform - Dec 06 2022

web tests visual perception and motor coordination the beery vmi fourth edition is a copy forms test that is frequently admin  
istered during visual perceptual evaluations it is a well

*vmi beery raw score to percentile* - Mar 29 2022

web jul 7 2022 how do you get raw score in beery vmi to get raw score number of items not successfully complete prior to  
the ceiling is subtracted from the ceiling is

**beery vmi scoring manual** - Feb 25 2022

web jun 18 2023 retrieve and deploy the vmi beery raw score to percentile it is thoroughly basic then at present we extend  
the associate to buy and create bargains to retrieve and

**beery buktenica developmental test of visual motor integration** - Apr 10 2023

web the raw score is converted to the standard score using the conversion tables provided and then the standard score is  
used to calculate the percentile rank for the child s specific