



McFadden McMeeken Phillips Lawyers Nelson Women's Triathlon Training Program

Beginner (10 weeks)



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim 20 mins	Walk/Run 20 mins	Rest	Cycle 20 mins	Rest	Walk/Run 20 mins	
2	Swim 20 mins	Walk/Run 25 mins	Rest	Cycle 20 mins	Rest	Walk/Run 25 mins	
3	Swim 20 mins	Walk/Run 25 mins	Rest	Cycle 20 mins	Rest	Walk/Run with some hills	Cycle 30 mins
4	Swim 25 mins	Walk/Run 35 mins	Rest	Cycle 30 mins	Rest	Walk/Run 30 mins	Cycle 35 mins
5	Swim 25 mins	Walk/Run 35 mins	Rest	Cycle 40 mins	Rest	Walk/Run 40 mins	Cycle 50 mins
6	Swim 25 mins	Walk/Run 40 mins	Rest	Cycle 40 mins	Rest	Walk/Run 45 mins	Rest or easy 30 min swim
7	Swim 30 mins	Walk/Run 40 mins	Rest	Cycle/Walk Repeats 10 min easy cycle 3 repeats of 3 min cycle (hard effort) followed by 2 mins walk (hard effort) then 2 mins easy walk 10 mins easy cycle Total = 41 mins	Rest or easy 30 mins swim	Walk/Run 10 mins easy WU Then 3x 3 mins moderate 2 mins hard 5 mins easy Then 10mins easy WD Total = 50 mins	Cycle 45 mins
8	Swim 30 mins	Walk/Run Striders or 40 mins	Rest	Cycle/Walk repeats Same as last week's session but this time aim to do four repeats if you can	Rest or easy 30 mins swim	Walk/Run 10 mins easy WU Then 3x 5 min at harder effort with 5 mins inbtw easy effort 10mins easy WD	Cycle 45 mins with some hills
9	Swim 30 mins	Walk/Run Striders or 40 mins	Rest	Cycle 45 mins	Rest or easy 30 mins swim	Walk/Run 10 mins easy WU Then 10 mins hard, 5 mins easy, 10 mins hard, 5 mins easy, 5 mins hard 10mins easy WD Total = 45 mins	Cycle 50 mins
10	Swim 30 mins	Walk/Run Striders or 40 mins	Rest	Cycle 20 mins	Light jog 15-20 mins	Rest	RACE DAY YIPEE!



NOTES

WU	Warm Up	Work into it very easily, nice comfortable pace (not puffing too much yet)
WD	Warm Down	Ease the body down slowly, so that you are getting progressively slower
Inbtw	Inbetween	ie Cycle 2 x 5 mins hard with 5 mins inbtw means cycle for 5 mins of increased effort, then cycle for 5 mins at an easy effort level, then do a second 5 minutes of hard cycling

Easy means at a comfortable pace – where you can maintain a conversation. Hard effort means you would find it difficult to talk at this pace.

If you are not sure which one (beginner or intermediate/advanced level) to follow then start off with the beginner level and if you find this too easy, give the intermediate level plan a go. Please remember that these are generic plans and are to be used as a guide only. Always consult your doctor before beginning any new training plan, and if you start to experience pain ease off and see your GP.

To avoid soreness in the legs from jarring on the road, attempt to stay on a grass surface for most of your walking/jogging in the first 3 to 4 weeks. If you are training for the Walk Triathlon then substitute the jogging for walking. If you feel you want to jog during your training then do so, it won't hurt your preparation. Remember that on the day you won't be able to jog if you've entered as a walker.

Don't worry if you cannot run for the duration written on the program - make it a mixture of running and walking as you feel. The Kaiteriteri Gold 10km (March 11th) is a great opportunity to get some experience in a 'race', as are the weekly NBS Striders Summer Series Runs and Walks (beginning Tuesday January 10th with a 3km in the Maitai Valley).

You may find it easier to train if you have company - find a friend to enjoy the next few weeks with and please feel free to [contact us](#) if you have any queries regarding your training, or the triathlon. You may find it hard to run off your bike - this is normal and with training your muscles get used to it. It would be a good idea to practice this a few times before race day, and go for a quick run around the block after one of your bike sessions. This will help your preparation for Event Day (when you have to run/walk to the pool after your cycle section - remember though, that it is not far (approx 250m).

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Intermediate/Advanced (10 weeks)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim 30 mins	Run 30 mins	Rest	Swim 30 mins	Rest	Run 30 mins	Cycle 30 mins
2	Swim 30 mins	Run 30 mins	Cycle 30 mins	Swim 30 mins	Rest	Run 30 mins	
3	Swim 30 mins	Run 35 mins	Cycle 40 mins	Swim 30 mins	Rest	Run 40 mins with some hills	Cycle 30 mins
4	Swim 30 mins	Run 40 mins	Cycle 45 mins	Swim 30 mins Run 30 mins	Rest	Run 45 mins undulating	Cycle 40 mins
5	Swim 30 mins	Run 45 mins	Cycle (45 mins total) Easy WU 10 mins 3 x 5 mins Hard 5 mins inbtw 10 mins Easy WD	Swim 30 mins Run – 10 min WU 3 x 5 min Steady Running 5 mins easy running inbtw 10 min Easy WD	Rest	Run 50 mins	Cycle 45 mins
6	Swim 30 mins	Run 45 mins	Cycle (60 mins total) Easy 15-20mins (4x) 3-5 mins building every minute (increase effort every minute), 3 mins easy inbtw, 10 mins Easy WD	Swim 30 mins Run 50 mins	Rest	Run – 30 mins then follow with a cycle straight afterwards Cycle 20 mins Steady 10 mins Easy WD	Cycle 50 mins
7	Swim 30 mins	Run 45 mins	Cycle (60 mins total) 20 mins easy 20 mins Steady 20 mins easy	Swim 30 mins Run – 10 min Easy WU 6 x 2 min Steady 1 min easy inbtw 10 min WD	Rest	Kaiteriteri Gold 10km OR Run - 10 mins WU 20 mins Hard 10 mins easy WD	Cycle 30 mins easy
8	Swim 30 mins	Run Striders or 45 mins	Cycle (50 mins total) 10 min WU 3 x 6 min Hard 4 min inbtw easy 10 min WD	Swim 30 mins Run – 10 min Easy WU 4 x 4 min Hard 4 min Easy inbtw 10 min WD	Rest	Run 60 mins	Cycle 60 mins then Run 5-10 mins straight after bike (round the block)
9	Swim 30 mins	Run Striders or 45 mins	Cycle (50 mins total) 10 min WU 2 x 15 min Steady, 5 mins easy inbtw 10 min WD	Swim 30 mins Run - 10 min Easy WU 2-3 x 7 min Steady, 3 min easy inbtw, 10 min WD	Rest	Run 45 mins	Cycle 60 mins
10	Swim 30 mins	Run Striders or 30 mins	Cycle (40 mins total) Easy with 3 x 1 min increased effort in the middle of your ride, 4 min inbtw easy	Run – 10 mins Easy WU 2 x 5 min Steady (not too hard – you want to save your speed for Sunday) 5 min inbtw. 10 min Easy WD	Light Jog 15-20 mins	Rest	RACE DAY YIPEE!

