



## TRIATHLON TRAINING PLAN

JULY 27, 2024



### Introduction

Welcome to the Tri Millennium 12 Week Triathlon Training Plan. Congratulations! No matter if you are new to the sport, perhaps training for your first race or you've been competing for awhile and you have signed up for Tri Millennium we want to recognize you for making an amazing decision to take on the challenge.

The plan below is designed to introduce you to the sport of triathlon and help you successfully complete a Sprint or Olympic distance event. Those doing an Olympic distance and feel comfortable can add a bit more distance or duration to the sessions.

If you are looking for personalized coaching and an individualized plan, reach out to USA Triathlon Coach Lucas Brinks at Pacer Endurance Sports. Lucas would be happy to look at your personal needs and what coaching package may best for you and your goals.

### Goal Setting

Set your goals for the season by using the sheet below. Write down 1-3 goals you want to achieve from your training and with your race(s).

In addition, there is space in each weekly training calendar where you can write a smaller goal just for the week intended to be small steps towards your larger goals.

### Energy Efforts Zones

Energy Effort Zones are one of many ways of describing the energy output used during an workout or part of a workout session. In this plan you will use 4 zones: Easy, Moderate, Hard, Very Hard

#### Easy

- Your effort is one which you could sustain for a longer period of time. You are working out but more effort than sitting on the couch
- "Easier than you expected"

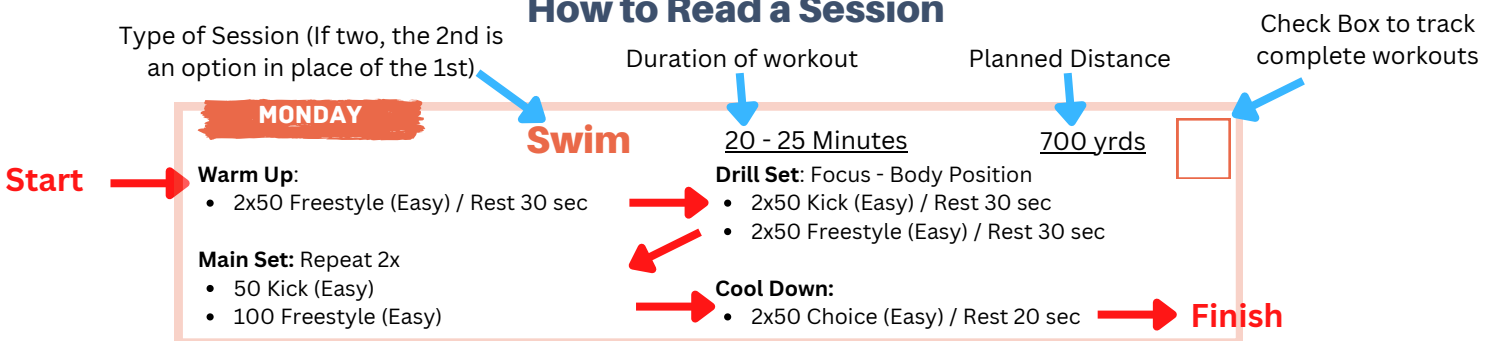
#### Moderate

- Your effort should be one you could sustain for a good period of time and would be around your average capability.
- "As expected"

#### Hard

- You should be using real effort but not feel in trouble of being able to complete
- "A bit of a challenge to finish successfully"

### How to Read a Session



## GOALS

1.

2.

3.



#### COACHING TIPS

The first week is simply about starting and allowing you to find your rhythm. Do what feels comfortable in the workouts keeping them within your current capabilities and doing your best and listen to your body.

#### Swim

- \*\*Write your swim workouts on paper, slip them into a clear plastic folder and bring to the pool. This way you have your session at hand and it stays dry to use again later\*\*

#### MONDAY

### Swim

20 - 25 Minutes 700 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set: Repeat 1x

- 50 Drills (Easy)
- 100 Freestyle (Easy)

#### Drill Set:

- 2x50 Drills (Easy) / Rest 30 sec
- 2x50 Freestyle (Easy) / Rest 30 sec

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

#### TUESDAY

### Bike

35 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 4 x 1 min (Hard) / 2 min (Easy)
- 13 minutes (Easy)

#### WEDNESDAY

### Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 5 x 30 sec (Hard) / 90 sec (Easy)
- 10 min (Easy)

#### THURSDAY

### Rest or Bike

30 Minutes

#### Warm Up:

- 7 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 10 x 30 sec (Hard) / 90 sec (Easy)
- 5 Min (Easy)

#### FRIDAY

### Swim

20 - 25 Minutes 700 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set:

- 4x50 Freestyle (Easy) / Rest 30 sec
- 100 Freestyle (Easy)

#### Drill Set:

- 2x50 Drills (Easy) / Rest 30 sec
- 100 Freestyle (Easy)

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

#### MOTIVATION

"You'll never know what you're capable of until you take that first step and just go for it."

~Natasha Hastings

#### SATURDAY

### Brick

40 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 7 min (Easy)
- 7 min (Moderate)

#### Bike Set: Bike (2 Rounds)

- 1 x 3 min (Hard)
- 1 x 3 min (Moderate)
- 1 x 3 min (Easy)

"Brick" - training two disciplines back to back

#### WEEKLY GOAL

#### SUNDAY

### Run

27 Minutes

#### Warm Up:

- 6 min (Easy)
- 4 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 1 x 4 min (Hard) / 60 sec (Easy)
- 1 x 2 min (Hard) / 60 sec (Easy)
- 2 x 1 min (Hard) / 60 sec (Easy)

### MONDAY

## Swim

30 Minutes

800 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set:

- 2x50 Drills (Easy) / Rest 20 sec | 2x50 Freestyle (Easy) / Rest 20 sec
- 100 Drills (Easy) | 100 Freestyle (Easy)

#### Drill Set:

- 2x50 Drills (Easy) / Rest 30 sec
- 2x50 Freestyle (Easy) / Rest 30 sec

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

### TUESDAY

## Bike

40 Minutes

#### Warm Up:

- 6 min (Easy)
- Spin Ups 3 x 30 sec / (Easy) 30 sec

#### Main Set:

- 6 x 90 sec (Hard) / 2 min (Easy)
- 10 minutes (Easy)

### WEDNESDAY

## Run

32 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 5 x 45 sec (Hard) / 90 sec (Easy)
- 10 min (Easy)

### THURSDAY

## Rest or Bike

35 Minutes

#### Warm Up:

- 7 min (Easy) | Spin Ups 4 x 20 sec / (Easy) 30 sec

#### Main Set:

- 10 x 30 sec (Hard) / 90 sec (Easy)
- 10 min (Easy)

### FRIDAY

## Swim

30 Minutes

800 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set:

- 50 Kick (Moderate) | 2x50 Freestyle (Easy) / Rest 30 sec
- 50 Kick (Moderate) | 100 Freestyle (Easy)

#### Drill Set:

- 4x50 Drill (Easy) / Rest 20 sec
- 2x50 Freestyle (Easy) / Rest 20 sec

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

### SATURDAY

## Brick

44 Minutes

#### Warm Up: Bike

- 6 min (Easy) | Spin Ups 4 x 20 sec / (Easy) 30 sec

#### Run Set:

- 7 min (Easy)
- 7 min (Moderate)

#### Bike Set: Bike (2 Rounds)

- 1 x 3 min (Hard)
- 1 x 3 min (Moderate)
- 1 x 5 min (Easy)

### SUNDAY

## Run

30 Minutes

#### Warm Up:

- 6 min (Easy)
- 4 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 1 x 4 min (Hard) / 60 sec (Easy)
- 2 x 2 min (Hard) / 60 sec (Easy)
- 3 x 1 min (Hard) / 60 sec (Easy)

### COACHING TIPS

- Quality over quantity is key. Progressing while keeping yourself injury free is very important in the long run. It will help you reach towards your goals by being able to consistently do your workouts.
- *\*\*If you miss a day, don't try and make it up, just keep going. Being consistent with quality workouts will matter most.\*\**

### MOTIVATION

"The sky has no limits. Neither should you."

~Usain Bolt

### WEEKLY GOAL

### MONDAY

## Swim

30 Minutes

1100 yds

#### Warm Up:

- 100 Freestyle (Easy)
- 2x50 Drill (Easy) / Rest 20 sec

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

#### Main Set: Repeat 1x

- 2x50 Drill (Easy) / Rest 20 sec
- 100 Freestyle (Easy)
- 2x50 Drill (Easy) / Rest 30 sec
- 100 Freestyle (Easy)

### TUESDAY

## Bike

40 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 8 x 1 min (Hard) / 1 min (Easy)
- 14 min (Easy)

### WEDNESDAY

## Run

35 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 5 x 1 min (Hard) / 2 min (Easy)
- 10 min (Easy)

### THURSDAY

## Rest or Bike

35 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 10 x 30 sec (Hard) / 30 sec (Moderate)
- 15 min (Easy)

### FRIDAY

## Swim

35 Minutes

900 yds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 20 sec

#### Main Set:

- 50 Drill (Moderate)
- 2x50 Freestyle (Moderate) / Rest 30 sec
- 50 Drill (Strong)

#### Drill Set:

- 4x50 Drill (Easy) / Rest 20 sec
- 2x100 Freestyle (Easy) / Rest 30 sec

#### Cool Down:

- 100 Choice (Easy)

### SATURDAY

## Brick

50 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 5 min (Moderate)

#### Bike Set:

- 2 x 3 min (Hard) / 2 min (Easy)
- 2 x 3 min (Moderate) / 2 min (Easy)
- 10 min (Easy)

### SUNDAY

## Run

30 Minutes

#### Warm Up:

- 6 min (Easy)
- 4 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 1 x 4 min (Hard) / 60 sec (Easy)
- 2 x 2 min (Hard) / 60 sec (Easy)
- 3 x 1 min (Hard) / 60 sec (Easy)

### COACHING TIPS

- Swim structure is increasing. Use either yards or meters for your length depending on your pool. Important to do the full rests in the swim sets. Rest times may feel long, and they should. Quality of the workout is important and you'll do them best with a good rest between sets.

### MOTIVATION

"You have to push yourself, cause no one else is going to care as much as you about your goals."

~Unknown

### WEEKLY GOAL

### MONDAY

## Swim

30 Minutes

1100 yrds

#### Warm Up:

- 100 Freestyle (Easy)

#### Main Set:

- 2x50 Drill (Easy) / Rest 20 sec
- 100 Freestyle (Easy)
- 2x50 Drill (Moderate) / Rest 30 sec
- 100 Freestyle (Moderate)

#### Drill Set:

- 2x50 Drill (Easy) / Rest 20 sec
- 100 Freestyle (Easy)
- 2x50 Drill (Easy) / Rest 20 sec

#### Cool Down:

- 4x50 Freestyle (Easy) / Rest 30 sec
- 100 Choice (Easy)

### TUESDAY

## Bike

44 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 6 x 30 sec (Hard) / 30 sec (Easy)
- 6 x 1 min (Hard) / 30 sec (Easy)
- 19 min (Easy)

### WEDNESDAY

## Run

34 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 8 x 30 sec (Hard) / 60 sec (Easy)
- 12 min (Easy)

### THURSDAY

## Rest or Bike

35 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 5 x 30 sec (Hard) / 30 sec (Moderate)
- 20 min (Easy)

### FRIDAY

## Swim

35 Minutes

1100 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) | 50 Fist (Easy)
- 100 Freestyle (Moderate)

#### Main Set:

- 4x50 Freestyle (Easy) / Rest 20 sec
- 4x50 Freestyle (Moderate) / Rest 20 sec
- 200 Freestyle (Moderate)

#### Drill Set:

- 4x50 Drill (Easy) / Rest 20 sec

#### Cool Down:

- 2x50 Choice (Easy) / Rest 20 sec

### SATURDAY

## Brick

55 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 7 min (Moderate)

#### Bike Set:

- 2 x 3 min (Hard) / 2 min (Easy)
- 2 x 3 min (Moderate) / 2 min (Easy)
- 13 min (Easy)

### SUNDAY

## Rest

All Day

You've been working hard, building endurance and power. You've also been learning or developing a few skills. While you may have set a few other rest days for yourself it's necessary to make recovery an intentional part of training.

The sessions are set in an order to help promote natural recover without the need for full day rests. Create today as a fun day, perhaps you do another sport or activity just for fun!

### COACHING TIPS

- When you start to tire from the fast sections in run, think to yourself to "run tall". Typically when we tire we lose good form, keeping this reminder will not only help push through, but also lends to better form.
- *Congratulations, you've completed 3 weeks and a quarter of the way to your goal of smashing your triathlon!!!*

### MOTIVATION

"It's not about eliminating the bad days, it's about knowing how to push through"

~Unknown

### WEEKLY GOAL

### MONDAY

## Swim

30 Minutes

1000\_yrds

#### Warm Up:

- 2x100 Freestyle (Easy) / Rest 30 sec

#### Cool Down:

- 200 Freestyle (Easy)
- 100 Choice (Easy)

#### Main Set:

- 4x50 Freestyle (Easy) / Rest 20 sec
- 4x50 Freestyle (Moderate) / Rest 30 sec
- 2x50 Freestyle (Hard) / Rest 60 sec

### TUESDAY

## Bike

48 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 6 x 1 min (Hard) / 2 min (Easy)
- 20 min (Easy)

### WEDNESDAY

## Run

38 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 8 x 1 min (Hard) / 1 min (Easy)
- 12 min (Easy)

### THURSDAY

## Rest or Bike

30 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Cool Down:

- 4 minutes (Easy)

#### Main Set: Repeat 2x

- 7 x 30 sec (Hard) / 30 sec (Moderate)
- 2 min (Easy)

### FRIDAY

## Swim

35 Minutes

1100\_yrds

#### Warm Up:

- 2x100 Freestyle (Easy) / Rest 30 sec

#### Cool Down:

- 200 Freestyle (Easy)
- 100 Choice (Easy)

#### Main Set:

- 100 Freestyle (Easy)
- 3x50 Freestyle (Moderate) / Rest 30 sec
- 100 Freestyle (Easy)
- 3x50 Freestyle (Hard) / Rest 60 sec
- 100 Freestyle (Easy)

### SATURDAY

## Brick

55 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 8 min (Moderate)

#### Bike Set:

- 2 x 3 min (Hard) / 2 min (Easy)
- 2 x 3 min (Moderate) / 2 min (Easy)
- 15 min (Easy)

### SUNDAY

## Run

30 Minutes

#### Warm Up:

- 6 min (Easy)
- 4 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 1 x 4 min (Hard) / 60 sec (Easy)
- 2 x 2 min (Hard) / 60 sec (Easy)
- 3 x 1 min (Hard) / 60 sec (Easy)

### COACHING TIPS

- Swimming open water with confidence takes practice. Consider replacing one of the Swim sessions this week by practicing open water.
- Safety is #1 when it comes to open water swims. Bring a friend if you can so you can practice together

### MOTIVATION

"The future depends on what you do today."

~Gandhi

### WEEKLY GOAL



### MONDAY

## Swim

40 Minutes

1200\_yrds

#### Warm Up: Focus - Sighting

- 2x50 Freestyle (Easy) / Rest 30 sec
- 200 Freestyle (Easy)

#### Cool Down:

- 200 Freestyle (Easy)
- 100 Choice (Easy)

#### Main Set:

- 2x50 Freestyle (Moderate) / Rest 30 sec
- 200 Freestyle (Easy)
- 2x50 Freestyle (Hard) / Rest 60 sec
- 200 Freestyle (Moderate)

### TUESDAY

## Bike

52 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 4 x 90 sec (Hard) / 2 min (Easy)
- 28 min (Easy)

### WEDNESDAY

## Run

32 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 3 x 2 min (Hard) / 2 min (Easy)
- 10 min (Easy)

### THURSDAY

## Rest or Bike

27 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 7 x 45 sec (Hard) / 45 sec (Moderate)
- 7 minutes (Easy)

### FRIDAY

## Swim

40 Minutes

1200\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec
- 200 Freestyle (Easy)

#### Cool Down:

- 200 Freestyle (Easy)
- 100 Choice (Easy)

#### Main Set:

- 2x50 Freestyle (Moderate) / Rest 30 sec
- 200 Freestyle (Easy)
- 2x50 Freestyle (Hard) / Rest 60 sec
- 200 Freestyle (Moderate)

### SATURDAY

## Brick

55 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 8 min (Moderate)

#### Bike Set:

- 2 x 3 min (Hard) / 2 min (Easy)
- 2 x 3 min (Moderate) / 2 min (Easy)
- 17 min (Easy)

### SUNDAY

## Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 2 x 4 min (Hard) / 60 sec (Easy)
- 2 x 2 min (Hard) / 60 sec (Easy)

### COACHING TIPS

- Swim lengths are increasing. Add in rest where needed or lengthen so you can do the sections with good form.
- Try changing the location of your runs to give variation.

### MOTIVATION

"Never say never because limits, like fears, are often just illusions."

~Michael Jordan

### WEEKLY GOAL



### MONDAY

## Swim

45 Minutes

1300\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec
- 200 Freestyle (Easy)

#### Cool Down:

- 100 Choice (Easy)

#### Main Set:

- 2x100 Freestyle (Moderate) / Rest 60 sec
- 2x100 Freestyle (Easy)
- 2x100 Freestyle (Moderate) / Rest 60 sec
- 300 Freestyle (Moderate)

### TUESDAY

## Bike

55 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 3 x 3 min (Hard) / 2 min (Easy)
- 30 min (Easy)

### WEDNESDAY

## Transition or Rest

#### Transition

Today is about practicing other elements of the race. Ideally find a location in a grassy area. Practice items beyond the 3 sports which will be a part of your race day.

### THURSDAY

## Bike

30 - 60 Minutes

#### Fun Ride

If you have a dirt or trail bike, go off road for ride. Also a great chance to go for a family bike ride or gather a friend or two to go on a group ride. Try to keep it (Easy to Moderate)

### FRIDAY

## Swim

45 Minutes

1300\_yrds

#### Warm Up:

- 200 Freestyle (Easy) / Rest 60 sec

#### Cool Down:

- 300 Freestyle (Easy)

#### Main Set:

- 3x100 Freestyle (Moderate) / Rest 60 sec
- 4x50 Freestyle (Easy)
- 3x100 Freestyle (Moderate) / Rest 60 sec

### MOTIVATION

"Don't put a limit on anything. The more you dream, the further you get."

~Michael Phelps

### SATURDAY

## Brick

60 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 10 min (Moderate)

#### Bike Set:

- 3 x 3 min (Hard) / 2 min (Easy)
- 20 min (Easy)

### WEEKLY GOAL

### SUNDAY

## Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- Hills
  - 10 x Jog up a easy sloping hill and walk back down.

### MONDAY

## Swim

50 Minutes

1400\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec
- 200 Freestyle (Easy)

#### Cool Down:

- 100 Choice (Easy)

#### Main Set:

- 3x50 Freestyle (Hard) / Rest 60 sec
- 4x50 Freestyle (Moderate) / Rest 30 sec
- 5x50 Freestyle (Easy) / Rest 15 sec
- 400 Freestyle (Easy)

### TUESDAY

## Bike

60 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 34 min (Easy)
- 2 x 6 min (Hard) / 2 min (Easy)

### WEDNESDAY

## Run

32 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching
- 

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 3 x 3 min (Hard) / 3 min (Easy)

### THURSDAY

## Rest or Bike

30 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 10 x 30 sec (Hard) / 60 sec (Moderate)
- 5 minutes (Easy)

### FRIDAY

## Swim

45 Minutes

1400\_yrds

#### Warm Up:

- 3x100 Freestyle (Easy) / Rest 60 sec

#### Cool Down:

- 3x100 Choice (Easy)

#### Main Set:

- 3x100 Freestyle (Moderate) / Rest 60 sec
- 4x50 Freestyle (Easy)
- 3x100 Freestyle (Moderate) / Rest 60 sec

### SATURDAY

## Brick

65 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 12 min (Moderate)

#### Bike Set:

- 3 x 3 min (Hard) / 2 min (Easy)
- 23 min (Easy)

### SUNDAY

## Open Water Swim / Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- Hills
  - 10 x Jog up a easy sloping hill and walk back down.

### COACHING TIPS

- If you are feeling tired, make sure to get quality sleep.
- Look for a race day checklist, do you have what you need? If not, plan ahead so you are not feeling the rush of last minute pressure.

### MOTIVATION

"The hard days are the best because that's where champions are made."

~Gabby Douglas

### WEEKLY GOAL

### MONDAY

## Swim

45 Minutes

1200\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec
- 200 Freestyle (Easy)

#### Cool Down:

- 100 Choice (Easy)

#### Main Set:

- 2x400 Freestyle (Moderate) / Rest 2 min

### COACHING TIPS

- If possible visit the course. Do a run session where you will be racing. Drive the bike route to become familiar with the location

### TUESDAY

## Bike

65 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 39 min (Easy)
- 2 x 6 min (Hard) / 2 min (Easy)

### WEDNESDAY

## Run

32 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 3 x 3 min (Hard) / 3 min (Easy)
- Alternative - Run a bit of the Tri Millennium run course if possible

### THURSDAY

## Rest or Bike

30 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 10 x 30 sec (Hard) / 60 sec (Moderate)

### FRIDAY

## Swim

45 Minutes

1200\_yrds

#### Warm Up:

- 2x100 Freestyle (Easy) / Rest 60 sec

#### Cool Down:

- 3x100 Choice (Easy)

#### Main Set:

- 2x50 Choice Drill (Easy) / Rest 30 sec
- 2x300 Freestyle (Easy) / Rest 60 sec
- 2x50 Freestyle (Hard) / Rest 30 sec
- 200 Freestyle (Moderate)

### MOTIVATION

"The difference between who you are and who you want to be is what you decide to do."

~Unknown

### SATURDAY

## Brick

65 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Run Set:

- 5 min (Easy)
- 12 min (Moderate)

#### Bike Set:

- 3 x 3 min (Hard) / 2 min (Easy)
- 23 min (Easy)

### WEEKLY GOAL

### SUNDAY

## Open Water Swim or Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Cool Down:

- 5 minutes (Easy)

#### Main Set:

- 10 x Strides (Hard) / Rest 60 sec
- Hills
  - 5 x Jog up a easy sloping hill and walk back down.

### MONDAY

### Swim

45 Minutes

1300 yrds

**Warm Up:**

- 2x50 Freestyle (Easy) / Rest 30 sec

**Cool Down:**

- 100 Choice (Easy)

**Main Set:**

- 500 Freestyle (Moderate) / Rest 2 min
- 2x50 Freestyle (Easy) / Rest 30 sec
- 500 Freestyle (Moderate)

### TUESDAY

### Bike

70 Minutes

**Warm Up:**

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

**Main Set:**

- 44 min (Easy)
- 2 x 6 min (Hard) / 2 min (Easy)

### WEDNESDAY

### Run

33 Minutes

**Warm Up:**

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

**Main Set:**

- 3 x 4 min (Hard) / 2 min (Easy)
- 5 minutes (Easy)

### THURSDAY

### Rest or Bike

35 Minutes

**Warm Up:**

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

**Main Set:**

- 10 x 60 sec (Hard) / 60 sec (Moderate)

**Cool Down:**

- 5 minutes (Easy)

### FRIDAY

### Swim

45 Minutes

1200 yrds

**Warm Up:**

- 2x100 Freestyle (Easy) / Rest 60 sec

**Cool Down:**

- 3x100 Choice (Easy)

**Main Set:**

- 2x50 Choice Drill (Easy) / Rest 30 sec
- 2x300 Freestyle (Easy) / Rest 60 sec
- 2x50 Freestyle (Hard) / Rest 30 sec
- 200 Freestyle (Moderate)

### MOTIVATION

"You can keep going and your legs might hurt for a week, or you can quit and your mind will hurt for a lifetime."

~Mark Allen

### SATURDAY

### Brick

70 Minutes

**Warm Up:** Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

**Run Set:**

- 5 min (Easy)
- 15 min (Moderate)

**Bike Set:**

- 3 x 3 min (Hard) / 2 min (Easy)
- 25 min (Easy)

### WEEKLY GOAL

### SUNDAY

### Open Water Swim or Run

30 Minutes

**Warm Up:**

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

**Cool Down:**

- 5 minutes (Easy)

**Main Set:**

- 10 x Strides (Hard) / Rest 60 sec
- Hills
  - 5 x Jog up a easy sloping hill and walk back down.



### MONDAY

## Swim

50 Minutes

1500\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set:

- 600 Freestyle (Easy) / Rest 2 min
- 600 Freestyle (Race Pace)

#### Cool Down:

- 100 Freestyle (Easy)
- 100 Choice (Easy)

### TUESDAY

## Bike

75 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 16 min (Race Pace)
- 49 min (Easy)

### WEDNESDAY

## Run

35 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 3 x 5 min (Race Pace) / 5 minutes (Easy)

### THURSDAY

## Rest or Bike

35 Minutes

#### Warm Up:

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Main Set:

- 10 x 60 sec (Hard) / 60 sec (Moderate)
- 5 minutes (Easy)

### FRIDAY

## Swim

45 Minutes

1500\_yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 60 sec

#### Main Set:

- 2x50 Choice Drill (Easy) / Rest 30 sec
- 500 Freestyle (Easy) / Rest 60 sec
- 2x50 Freestyle (Hard) / Rest 30 sec
- 500 Freestyle (Moderate)

#### Cool Down:

- 2x100 Choice (Easy)

### SATURDAY

## Brick

70 Minutes

#### Warm Up: Bike

- 6 min (Easy) Spin Ups 4 x 20 sec / Easy 30 sec

#### Bike Set:

- 15 min (Race Pace)
- 25 min (Easy)

#### Run Set:

- 15 min (Race Pace)
- 5 min (Easy)

### SUNDAY

## Rest

You are one week from the race and this will begin the taper before the event. Take today as a rest day. Get good sleep in the week to come, massage muscles after your sessions to help with recovery.

### COACHING TIPS

- Your efforts this week will be the longest and hardest. You've put so much work in you don't want to risk injury. Listen to your body and provide you best. The ultimate thing to focus on is getting to the start line with as much fitness as possible and without injury.

### MOTIVATION

"Stay strong and make them wonder how you are still smiling."

~Ironman

### WEEKLY GOAL

### MONDAY

## Swim

50 Minutes

1100 yrds

#### Warm Up:

- 2x50 Freestyle (Easy) / Rest 30 sec

#### Main Set:

- 800 Freestyle (Moderate)

#### Cool Down:

- 2x100 Choice (Easy) / Rest 30 sec

### TUESDAY

## Run

30 Minutes

#### Warm Up:

- 5 min (Easy)
- 5 min Drills & Dynamic Stretching

#### Main Set:

- 15 min (Race Pace)
- 5 minutes (Easy)

### WEDNESDAY

## Rest

Review the course maps so you know the course. While courses are typically marked well, things happen and it's up to you as the athlete to know where you need to go.

Review timelines including when and where packet pickup is for the event. Plan on when you will get your items and set a reminder. Also review the schedule for the event. You don't want to have worked so hard to miss the start now.

### THURSDAY

## Bike

35 Minutes

#### Warm Up:

- 7 min (Easy)
- Spin Ups 3 x 30 sec / Easy 30 sec

#### Main Set:

- 20 min (Race Pace)

#### Cool Down:

- 5 minutes (Easy)

### COACHING TIPS

- *It's race week, congratulations on all your hard work!! We are super proud of you and can't wait to see you at the finish line*
- Check for important dates and times for packet pickup and start times.
- Look for the cameras during the race and remember to smile. Having those great looking race photos will be something to cherish.

### FRIDAY

## Rest

1500 yrds

Packet pickup is usually available the day before and is recommended. Once you have your packet it's best to lay out all your gear. Put everything in an area together and by sport. Review your checklist for anything missing. Then, once you have everything pack it together in a way you know where it is in the morning for transition.

Double check when transition opens and set your alarm!

### MOTIVATION

"Every small step along the way is preparing you. You're ready to do great things."

~Coach Lucas Brinks

### SATURDAY

## RACE DAY!

Congratulations!!!

You've done an amazing job getting here and you are ready to race your best!

### WEEKLY GOAL

### SUNDAY

## Rest & Recovery

You've just accomplished something amazing. You're hopefully hooked to the sport and will look at when your next event is. Journal your race results so you know how you did, how you felt, what went well, what are areas of focus. Doing this while it is fresh in your mind will start you off for success in your next event.

## Disclaimer for Training Plans

Pacer Endurance Sports LLC, Lucas Brinks, Tri Millennium and all our coaches (hereafter referred to as "Pacer Coaches") will not be held responsible in any way for the information that you request or receive through our training plans and services.

In no event will we be liable to any party for any direct, indirect, special, incidental, equitable or consequential damages for any use of, or reliance on this training plan or via email support, including, without limitation, any lost profits, personal or business interruptions, personal injuries, accidents, misapplication of information or any other loss, malady, disease or difficulty, or otherwise, even if we are expressly advised of the possibility of such damages or difficulties. This plan and associated coaching services are designed for adults who are 18 or over. If you're under 18, we recommend you seek a local, 1 to 1 coach instead.

Reference or links in this training plan to any other business or entity's information, opinions, advice, programs, services, or products do not constitute our endorsement or recommendation. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced within.

## Medical Disclaimer

Pacer Coaches strongly recommends that you consult with your physician before beginning your training plan. You should be in good physical condition to commence training. Pacer Coaches is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or training plan, there is the possibility of physical injury. You agree to follow this training plan at your own risk, are voluntarily participating in the workouts, assume all risk of injury to yourself, and agree to release and discharge Pacer Coaches from any and all claims or causes of action, known or unknown, arising out of Pacer Coaches.

Pacer Coaches is not responsible or liable for any advice, or any other information, services or products that you obtain via online coach support. You are encouraged to consult with your doctor with regard medical conditions.

## Personal Disclaimer

The information contained in our training plans, website social media posts and helpdesk is for training and informational purposes only. While we draw on our prior professional expertise and background, you acknowledge that we are supporting you in our roles exclusively as coaches only.

We are not medical health practitioners or mental health providers and we are not holding ourselves out to be in any capacity. Rather, we serve as coaches, mentors and guides who help you reach your own performance goals.

You acknowledge that you take full responsibility for your health, life and well-being, as well as the health, lives and well-being of your family and children (born and unborn, as applicable), and all decisions now or in the future.

Our goal is to provide accurate, published training plans and supporting articles; however, the information may inadvertently contain inaccuracies or typographical errors. Every effort has been made to present you with the most accurate, up-to-date information, but because the nature of the sport and fitness industry, research is constantly evolving, we cannot be held responsible for the accuracy of our content.

## Result Disclaimer

We make every effort to ensure that we accurately represent Pacer Coaches training plans and their potential for results. We cannot guarantee your future results and/or success, and you accept the risk that results will differ for each individual.

As with any training plan, your results will vary, and will be based on many variables, including but not limited to, your individual capacity, experience, unique health and genetic profile, starting point, expertise, and level of commitment.