#### 12 week training plan for Go-Tri races

This 12 week plan is designed for someone who's going from very little activity to completing a Go-Tri race. This schedule is designed show you the most sensible way to get yourself fit There is a choice of swim session with novice being for someone who struggles to put two lengths together and intermediate being someone who's more confident but lacking the fitness. Both build up to 400m over the 12 weeks.

The key sessions are the Friday swim, Sunday cycle and Monday run. You should at least try to complete these every week. The Monday run is important as your legs will still be tired from cycling on Sunday. The other sessions are important as they help to keep some consistency to your training. The Tuesday swim is a little easier as you will eventually be training 4 days in a row. It is important to take some easy days in the middle of that.

Your days off should be completely free of training. Remember, you need to recover!

Take your time initially, particularly from week 4 where you could be training on consecutive days. Learn to listen to your body and accept that you will get sore at some stage. If this happens then take the time off. It is much better to be well-rested and undertrained come the day of the race than it is to be in superb shape and too injured to take part.

Be aware that it is your responsibility to ensure that you are physically well enough to take part in a training schedule such as this. You should always seek medical advice before starting this type of training.

If you have any problems or are unsure of anything then get in touch either with Darren on 01437 768007 / darren@triexercise.co.uk or Jayne on 01437 775504 / jayne.richards@pembrokeshire.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off	Leisure Centre, lane	Day off	Run. 20-25 minutes.	Leisure Centre, lane	Day off	Cycling on the road,
	swimming,		Walk if you must	swimming,		nice and easy.
	0600-0900		for 60 seconds	0600-0900		30 minutes.
			maximum at a time.			Alternatively you
	Try and swim as far			Novice:		can go to a spin
	as you can in 30			20-25 minutes with		class, or use the
	minutes. Stop if you			as many 25m		spin bike in the gym
	must but record			repetitions as you		at your local leisure
	how many lengths			can		centre (this doesn't
	you complete in					have to be today)
	that time on this					
	sheet			<u>Intermediate</u>		
				Warm-up: 150m		
	Lengths done			mixed strokes		
	Most lengths done					
	back to back			Main set:		
				6 x 50m		
				1 x 100m		
				Repeat twice. Take		
				60 seconds		
				between each		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off	Day off	Cycling on the road,	Run 20-25 minutes.	Leisure Centre, lane	Day off	Cycling on the road,
		nice and easy. 30	As last week but try	swimming,		nice and easy.
		minutes.	not to walk any	0600-0900		35 minutes.
			more than you did.			Alternatively you
				Novice:		can go to a spin
				20-25 minutes with		class, or use the
				as many 25m		spin bike in the gym
				repetitions as you		at your local leisure
				can (try and at least		centre (this doesn't
				do as many as last		have to be today)
				week)		
				<u>Intermediate</u>		
				Warm-up: 150m		
				mixed strokes		
				Main set: 1 x 150m		
				2 x 100m		
				4 x 50m		
				Repeat twice		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 20-25 minutes	Day off	Cycling on the road,	Run. 20-25 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk		nice and easy. 30	nice and easy. Walk	swimming,		nice and easy.
if you have to for 60		minutes	for no more than 45	0600-0900		40 minutes.
seconds at a time.			seconds at a time			Alternatively you
				Novice:		can go to a spin
				30-40 minutes. Do 2		class, or use the
				x 25m followed by 1		spin bike in the gym
				x 50m. Repeat as		at your local leisure
				many times as you		centre (this doesn't
				can. Take 60		have to be today)
				seconds rest in		
				between each one.		
				<u>Intermediate</u>		
				Warm-up: 150m		
				mixed strokes		
				Main set:		
				1 x 100m		
				2 x 50m.		
				Repeat 5 times.		
				Take 60 seconds in		
				between each one		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 20-25 minutes	Day off	Cycling on the road,	Run. 20-25 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk		nice and easy. 30	nice and easy. Walk	swimming,		nice and easy.
if you have to for 60		minutes	for no more than 45	0600-0900		30 minutes.
seconds at a time.			seconds at a time			Alternatively you
				Novice:		can go to a spin
				1 x 100m		class, or use the
				1 x 75m		spin bike in the gym
				1 x 50m		at your local leisure
				1 x 25m		centre (this doesn't
						have to be today)
				Repeat 3 times.		
				Take 40-60 seconds		
				between each one.		
				<u>Intermediate</u>		
				Warm-up: 150m		
				mixed strokes		
				Main set:		
				1 x 200m		
				2 x 150m		
				2 x 100m		
				2 x 50m.		
				Repeat twice. Take		
				45 seconds		
				between each part		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 20-25 minutes	Leisure Centre, lane	Cycling on the road,	Run. 25-30 minutes.	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk	swimming,	nice and easy, 30	Walk if you have to	swimming,		nice and easy.
if you have to for 45	0600-0900	minutes. Follow up	for 45 seconds at a	0600-0900		45 minutes.
seconds at a time.		with a 15 minute	time.			Alternatively you
	Try and swim as far	run, nice and easy.		Novice:		can go to a spin
	as you can in 30	Put your running kit		1 x 150m		class, or use the
	minutes. Stop if you	ready BEFORE you		1 x 100m		spin bike in the gym
	must but record	leave on the bike so		1 x 50m		at your local leisure
	how many lengths	you can start		1 x 100m		centre (this doesn't
	you complete in	running as quickly				have to be today)
	that time on this	as possible.		Repeat through		
	sheet			twice. Take 60		
				seconds between		
	Lengths done			each one.		
	Most lengths done					
	back to back					
				<u>Intermediate</u>		
				Warm-up: 150m		
				mixed strokes		
				Main set:		
				3 x 200m		
				2 x 50m backstroke.		
				Take 45 seconds		
				between each part.		
				Repeat through		
				twice.		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 20-25 minutes	Leisure Centre, lane	Cycling on the road,	Run. 20-25 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk	swimming,	nice and easy, 40	nice and easy. Walk	swimming,		nice and easy.
if you have to for 30	0600-0900	minutes. Follow up	if you have to for 30	0600-0900		50 minutes.
seconds at a time,		with a 15 minute	seconds at a time			Alternatively you
though try and walk	Novice:	run, nice and easy.		Novice:		can go to a spin
less than last week	20-25 minutes with	Put your running kit		1 x 150m		class, or use the
	as many 25m	ready BEFORE you		2 x 100m		spin bike in the gym
	repetitions as you	leave on the bike so		4 x 75m		at your local leisure
	can (try and at least	you can start				centre (this doesn't
	do as many as last	running as quickly		Repeat twice. Take		have to be today)
	week)	as possible.		60 seconds		
				between each one.		
	Internediate:					
	Warm up: 150m			<u>Intermediate</u>		
				Warm-up: 150m		
	3 x 100m			mixed strokes		
	4 x 50m					
				Main set:		
	Repeat twice			1 x 200m		
				2 x 150m		
				3 x 100m		
				Repeat twice, 45		
				seconds rest		
				between each		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 30-35 minutes	Leisure Centre, lane	Cycling on the road,	Run. 20 minutes.	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk	swimming,	nice and easy, 40	Try not to stop at all	swimming,		nice and easy.
if you have to for 45	0600-0900	minutes. Follow up		0600-0900		60 minutes.
seconds at a time.		with a 15 minute				Alternatively you
	Novice:	run, nice and easy.		Novice:		can go to a spin
	40 minutes.	Put your running kit		2 x 150m		class, or use the
	Alternate 75m,	ready BEFORE you		4 x 100m		spin bike in the gym
	100m as many	leave on the bike so		1 x 200m		at your local leisure
	times as you can.	you can start		2 x 150m		centre (this doesn't
	Take 60-90 second	running as quickly				have to be today)
	rest in between.	as possible.		Take 60 seconds		
				between each one.		
	<u>Intermediate:</u>					
	Warm-up: 150m			<u>Intermediate</u>		
	mixed strokes			Warm-up: 150m		
				mixed strokes		
	Main set:					
	1 x 200m			Main set:		
	1 x 150m			1 x 250m		
	1 x 100m			1 x 200m		
				1 x 150m		
	Repeat 3 times,			2 x 100m		
	take 45 seconds					
	rest between each			Repeat twice, take		
				45 seconds		
				between each		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 25 minutes	Leisure Centre, lane	Cycling on the road,	Day off	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Walk	swimming,	nice and easy, 40		swimming,		nice and easy.
if you have to for 45	0600-0900	minutes. Follow up		0600-0900		30 minutes.
seconds at a time,		with a 15 minute				Alternatively you
though walk less	Novice:	run, nice and easy.		Novice:		can go to a spin
than last week	40 minutes, repeat	Put your running kit		1 x 300m		class, or use the
	100m as many	ready BEFORE you		2 x 150m		spin bike in the gym
	times as you can.	leave on the bike so		4 x 100m		at your local leisure
	Take a 60-90	you can start				centre (this doesn't
	second rest	running as quickly		Take 60 seconds		have to be today)
	between each one.	as possible.		between each one.		
	Intermediate:			<u>Intermediate</u>		
	Warm-up:150m			Warm-up: 150m		
	mixed stroke			mixed stroke		
	Main set:			Main set:		
	1 x 250m			1 x 300m		
	2 x 100m.			1 x 250m		
	Repeat three times			2 x 200m		
	With 45 seconds			3 x 150m		
	rest			5 x 100m		
	End with 10 x 50m					
				Take 45 seconds		
				rest between each		
				one		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 25 minutes,	Leisure Centre, lane	Cycling on the road,	Run. 30-35 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Try	swimming,	nice and easy, 40	nice and easy. Walk	swimming,		nice and easy.
not to walk.	0600-0900	minutes. Follow up	if you must for no	0600-0900		60 minutes.
		with a 20 minute	more than 30			Alternatively you
	Novice:	run, nice and easy.	seconds at a time	Novice:		can go to a spin
	1 x 250m	Put your running kit		40 minutes:		class, or use the
	1 x 200m	ready BEFORE you		1 x 200m		spin bike in the gym
	1 x 150m	leave on the bike so		2 x 100m		at your local leisure
	2 x 100m	you can start		4 x 50m		centre (this doesn't
	4 x 50m	running as quickly				have to be today)
		as possible.		Take 60 seconds		
	<u>Intermediate</u>			rest between each.		
	Warm-up 150m			The repeat 100m		
	mixed stroke			as many times as		
				you can until 40		
	Main set:			minutes is up		
	1 x 250m					
	1 x 100m					
	1 x 200m			<u>Intermediate</u>		
	1 x 50m			Warm-up: 150m		
				mixed stroke		
	Repeat twice.					
	Take 45 seconds			1 x 300m		
	between each			1 x 250m		
				2 x 200m		
				3 x 150m		
				4 x 100m		
				Take 45 seconds		
				between each one		

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 25-30 minutes	Leisure Centre, lane	Cycling on the road,	Run 35-40 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Try	swimming,	nice and easy, 45	nice and easy. Walk	swimming,		nice and easy.
not to walk.	0600-0900	minutes. Follow up	if you must for 30	0600-0900		70 minutes.
		with a 20 minute	seconds and be			Alternatively you
	Novice:	run, nice and easy.	aware that you will	Novice:		can go to a spin
	2 x 150m	Put your running kit	be tired from	1 x 200m		class, or use the
	4 x 100m	ready BEFORE you	yesterday. This is	1 x 150m,		spin bike in the gym
	6 x 50m	leave on the bike so	important because	2 x 100m		at your local leisure
		you can start	you will be running	4 x 50m		centre (this doesn't
	Take 45-60 seconds	running as quickly	when tired during a			have to be today)
	rest between each	as possible. By this	triathlon. It's	Take 45-60 seconds		
	one	stage you should	important to get	between each one		
		feel as if you're	used to this feeling!			
	<u>Intermediate</u>	running more		<u>Intermediate</u>		
	Warm-up:150m	comfortably off the		Warm-up: 150m		
	mixed strokes	bike		mixed stroke		
	Main set:			Main set:		
	1 x 300m			1 x 400m		
	1 x 200m			1 x 300m		
	2 x 100m			2 x 200m		
				4 x 100m		
	Repeat twice. Take					
	45 seconds after			Take 45 seconds		
	each one.			after each one.		

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 30-35 minutes,	Leisure Centre, lane	Cycling on the road,	Run 35-40 minutes	Leisure Centre, lane	Day off	Cycling on the road,
nice and easy. Try	swimming,	nice and easy, 40	nice and easy. Walk	swimming,		nice and easy.
not to walk.	0600-0900	minutes. Follow up	if you must for 30	0600-0900		60 minutes.
		with a 20 minute	seconds and be			Alternatively you
	Try and swim as far	run, nice and easy.	aware that you will	Novice:		can go to a spin
	as you can in 30	Put your running kit	be tired from	Try and swim 400m		class, or use the
	minutes. Stop if you	ready BEFORE you	yesterday. This is	(16 lengths). Take		spin bike in the gym
	must but record	leave on the bike so	important because	your time but try		at your local leisure
	how many lengths	you can start	you will be running	not to stop.		centre (this doesn't
	you complete in	running as quickly	when tired during a			have to be today)
	that time on this	as possible.	triathlon. It's			
	sheet		important to get	<u>Intermediate</u>		
			used to this feeling!	Warm-up: 150m		
	Lengths done			mixed stroke		
	Most lengths done					
	back to back			Main set:		
				1 x 400m		
				2 x 250m		
				3 x 200m		
				3 x 100m		
				Take 45 seconds		
				rest after each one.		

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run. 20-25 minutes	Leisure Centre, lane	Cycling on the road,	Day off	Leisure Centre, lane	Day off	Race!
nice and easy. Try	swimming,	nice and easy, 40		swimming,		
not to walk	0600-0900	minutes. Follow up		0600-0900		
		with a 15 minute				
	All:	run, nice and easy.		Novice:		
	Warm-up: 150m	Put your running kit		20-25 minutes with		
	mixed stroke.	ready BEFORE you		as many 25m		
		leave on the bike so		repetitions as you		
	1 x 200m,	you can start		can		
	2 x 150m,	running as quickly				
	3x 100m,	as possible.				
	4x 50m			<u>Intermediate</u>		
				Warm-up: 150m		
				front crawl and		
				back stroke		
				Main set: 10 x 50m		