

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

Week 1

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

Week2

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

Week 3

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

Week 4

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

Week 5

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

Week 6

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

Week 7

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

Week 8

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

Week 9

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

Week 10

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

Week 11

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

Week 12

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