

TIPS FOR TRAINING

Safety First! Watch out for traffic on the bike and run portions and always yield to vehicles.

Ride with your parents until you are comfortable on the bike.

When you get to the starting line you will be confident that you've already covered the race distance and then some in training.

If you can do more, concentrate on your weakest discipline by adding time to the day's activity but do not increase more than 10% per session. However, do not overdo it and listen to your body as it will tell you if you're pushing too hard.

If your training plan is too difficult, reduce the durations by half and re-evaluate.

Remember, you can shift days and workouts to fit your personal schedule but it is important to maintain the frequency of your overall workouts.

Get into the habit of tracking your workouts in a log book. A simple spiral bound notebook works fine, and you should track at a minimum the following:

- Date and time of workout
- What discipline(s) you did and how long were the workouts
- Rate of perceived exertion (RPE), ie; intensity of the workout and how you felt at the end. (examples: "moderate workout", "intense workout" & "I was very tired at the end", "felt great", etc.).

Your rest day can be whichever day of the week you want. As an example, if it is Sunday, then your first workout day would be Monday.

Training sessions with a "Transition" between bike and run are meant to work on your transition skills. You should approach these sessions as follows:

- Set up your transition area in the garage, back patio or an area around home that is easily accessible for both biking and running.
- For these training sessions wear clothing that you will actually race in.
- To simulate the swim, jog down to the corner and back, then do a few push ups to get your arms in on the action. Now hose yourself down to get nice and wet and you are ready to immediately start the training session.
- Jog from the house to your transition area, get your bike gear on and head out on the ride.
- Upon completion of the bike portion of the training session head back to transition, get your running gear on and head out on the run.

Yep, the neighbors may think you are goofy if they see you doing this... but who cares!

Remember, above all else... **HAVE FUN!**

Sample Training Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Day 1	Swim 100 yards	Swim 100 yards	Swim 150 yards	Swim 150 yards	Swim 200 yards	Swim 100 yards
Day 2	Bike 15 minutes	Bike 15 minutes	Bike 20 minutes	Bike 20 minutes	Bike 30 minutes	Bike 20 minutes
	Run 6 minutes	Run 6 minutes	Run 8 minutes	Run 10 minutes	Run 10 minutes	Run 10 minutes
Day 3	Run 8 minutes	Run 8 minutes	Run 10 minutes	Run 10 minutes	Run 10 minutes	Run 10 minutes
Day 4	Swim 100 yards	Swim 100 yards	Swim 150 yards	Swim 150 yards	Swim 200 yards	Bike 20 minutes
Day 5	Rest	Rest	Rest	Rest	Rest	Swim 100 yards
Day 6	Bike 15 minutes	Bike 15 minutes	Bike 20 minutes	Bike 20 minutes	Bike 30 minutes	Rest
	Run 6 minutes	Run 6 minutes	Transition	Transition	Transition	
			Run 8 minutes	Run 10 minutes	Run 10 minutes	
Day 7	Bike 20 minutes	Bike 20 minutes	Bike 30 minutes	Bike 30 minutes	Bike 40 minutes	RACE DAY!

1 length of the pool at Gardner Indoor pool is approximately 33 yards.