

12 Week Beginner's Triathlon Training Program

	Monday	Tuesday	Wednesday	Thursady	Friday	Saturday	Sunday
Week 1	Day off	Swim- 20' MS- 4x50y Run- 15' zone 1-2	Bike- 30' zone 1-2 Core- 15'	Swim- 20' MS- 200y straight Run- 15' zone 1-2	Day off	Bike- 45' zone 1-2	Run- 20' zone 1-2
Week 2	Day off	Swim- 20' MS- 6x50y Run - 15' zone 1-2	Bike- 30' zone 1-2 Core- 15'	Swim- 20' MS- 250y straight Run- 15' zone 1-2	Day off	Bike- 1:00h zone 1-2	Run- 20' zone 1-2
Week 3	Day off	Swim- 25' MS- 4x100y Run - 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 300y straight Run- 20' zone 1-2	Day off	Bike- 1:15h zone 1-2	Run- 25' zone 1-2
Week 4 Recovery week	Day off	Run - 15' zone 1-2	Bike- 30' zone 1-2	Swim- 20' MS- 4x100y	Day off	Bike- 50' zone 1-2	Run- 20' zone 1-2
Week 5	Day off	Swim- 20' MS- 4x100y Run - 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 2x200y straight Run- 20' zone 1-2	Strength	Bike- 1:30h zone 1-2	Run-30' zone 1-2
Week 6	Day off	Swim- 30' MS- 4x150y Run- 25' zone 1-2	Bike- 1:00h zone 1-2 Core- 15'	Swim- 25' MS- 2x250y straight Run- 20' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run-35' zone 1-2
Week 7	Day off	Swim- 30' MS- 5x150y Run- 30' zone 1-2	Bike- 1:00h zone 1-2 Core- 15'	Swim- 25' MS- 2x300y straight Run- 20' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run- 40' zone 1-2
Week 8 Recovery week	Day off	Swim- 20' MS- 6x100y Run- 20' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 20' MS- 2x200y straight Run- 20' zone 1-2	Day off	Bike -1:15h zone 1-2	Run- 30' zone 1-2
Week 9	Day off	Swim- 40' MS- 6x150y Run- 30' zone 1-2	Bike- 1h zone including 10' @ zone 3-4 Core- 15'	Swim- 30' MS- 6x50y fast Run- 30' zone 1-2	Strength	Bike- 2:00h zone 1-2	Run- 45' zone 1-2
Week 10	Day off	Swim- 40' MS- 5x200y Run- 30' zone 1-2	Bike- 1h zone including 15' @ zone 3-4 Core- 15'	Swim- 30' MS- 8x50y fast Run- 30' Zone 1-2	Strength	Bike- 2:30h zone 1-2	Run- 50' zone 1-2
Week 11	Day off	Swim- 40' MS- 5x250y Run- 40' Zone 1-2	Bike- 1:15h including 2x10' @ zone 3-4 Core- 15'	Swim- 30' MS- 6x50y, 6x25y fast Run- 30' zone 1-2	Strength	Bike- 2:30h zone 1-2	Run- 60' zone 1-2
Week 12 Recovery week	Day off	Run- 30' zone 1-2	Bike- 45' zone 1-2 Core- 15'	Swim- 45' MS- 5x250y	Day off	Bike- 1:30h zone1-2	Run - 45' zone 1-2



Instructions:

- **Always consult with a doctor before beginning any fitness program.**
- **Kinetics 360 is not responsible for any damage or injury that might occur due to following this program.**
- **The program is designed for beginners who can complete 100 yards straight swim, bike for 30 minutes and run for 20 minutes without stopping.**
- **Strength - 3x15 repetitions. Focus on lower extremities exercises- leg press, leg extensions, leg curl, abductors, adductors.**
- **Core- 3x10-15 repetitions, 3-4 drills of your choice.**
- **Abbreviations-**
 - **MS - Main Set.**
 - **` = minutes. i.e. 20' = 20 minutes**
- **All workouts should start with a warm up and end with a short cool down and light stretching.**
- **Intensity chart –**
 - **Zone 1- 60-70% of maximum heart rate**
 - **Zone 2- 70-80% of maximum heart rate**
 - **Zone 3- 80-90% of maximum heart rate**
 - **Zone 4- 90-95% of maximum heart rate**
 - **Zone 5- 95-100% of maximum heart rate**
- *** A detailed intensity chart can be calculated in a Vo2max or a Lactate Threshold test.**