



# OLYMPIC TRI

## 16 WEEK TRAINING PLAN (PAGE 1)

1.5K swim / 40K bike / 10K run

Plan provided by  
The Reds Triathlon Team  
www.redstriteam.com  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 weeks until race day	1 mile run	30 minute bike	200 swim (1 length = 25 yards OR meters depending on the pool (meters is slightly longer than yards)...so 4 lengths = 100 yards (or meters). Your goal is 500 METERS or about 600 yards for the KC Triathlon.	30 minute bike	200 swim	6 mile bike *if riding inside, estimate how long 6 miles would take you and ride for that amount of time.	1 mile run
15 weeks until race day	off	1.5 mile run - include 4 x 20 second pick ups	300 swim	30 minute bike	300 swim	8 mile bike	1.5 miles
14 weeks until race day	off	400 swim + 1.5 mile run	300 swim + 15 min bike	30 minute bike	400 swim	8 mile bike	2 miles
13 weeks until race day	off	500 swim + 1.5 mile run	40 minute bike	2 mile run	500 swim	5 mile bike + 1 mile run	3 miles
12 weeks until race day	off	1.5 mile run + 600 yard swim	40 minute bike	20 minute bike + 10 minute run	600 swim	10 mile bike	4 miles
11 weeks until race day	off	20 minute + 300 swim	2 mile run	600 swim then a 30 minute bike	500 swim	12 mile bike	4 miles
10 weeks until race day	off	30 minute bike	700 swim + 2 mile run	600 swim	30 minute bike	8 mile + 15 min run off the bike.	3 miles
9 weeks until race day	off	900 yard swim	30 minutes of biking + 10 minute run	2 mile run	800 swim + 20-30 minute bike	15 mile bike	4 mile run
8 weeks until race day	off - Soon it start looking for places you can practice open water swimming. It's different than pool swimming so important to practice!	900 yard swim	500 yard swim + 2 mile run	45 minutes of biking	700 yard swim	17 mile bike + 15 minute easy run off the bike	5 mile run
7 weeks until race day	off	1000 yard swim + 1 mile run	45 minute biking	30 minute bike	800 yard swim + 2 mile run	19 mile bike + 3 mile run off the bike	rest day
6 weeks until race day	off / NOTE: any swims can be in open water	1200 yard swim	800 yard swim + 2 mile run	45 minute bike	900 yard swim	15 mile bike - for longer rides, start wearing the shorts/top that you'll wear on race day so you know they're comfortable.	5 mile run
5 weeks until race day	off	1300 yard swim	700 yard swim + 2 mile run	45 minute bike	off - use today to practice setting up transitions - then try it for tomorrow.	1000 swim + 22 mile bike	6 mile run

**NOTES:** Regarding number of weeks until race day - to figure out where to start in the plan, count the number of weeks out you are from race day. If you are 16 weeks out, you start at "16 weeks out until race day." If you are 12 weeks out - start at "12 weeks until race day."





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## 16 WEEK TRAINING PLAN (PAGE 2)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 weeks until race day	off	1500 yard swim	1 hour bike	30 minute bike + 1 mile run	1000 swim + 2 mile run	25 mile bike	7 mile run
3 weeks until race day	off	1600 yard swim + 2 mile run	50 minute bike	800 swim + 45 minute bike	800 yard swim	26 mile bike + 3 mile run (practice good transitions today and wear the shorts/top that you're going to wear on race day)	4 mile run
2 weeks until race day	rest day	1800 yard swim	1 hour bike	3 mile run	1300 yard swim	20 mile bike + 10 min run	3 mile run
Race week!	off	20 minutes of easy biking + 10 minutes of easy running.	800 swim	20 minutes of easy biking	15 - 20 minutes of running - a warm up run	15 minutes easy spin on your bike - just get the legs warmed up!	Race Day

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