Your 6-Week Triathlon Training Program

While you need to be very smart about this program and ease into it, you should also challenge yourself mentally and physically so you can break through to new levels of performance. You’re only 6 weeks from a strong finish.

Don’t forget to rest: It’s scheduled in the program, and is so important that each week you need at least two days completely away from exercise to avoid overtraining.

Week 1: Adaptation
Monday: Rest
Tuesday: Swim for 30 minutes in Zone I
Wednesday: Run for 30 minutes in Zone I
Thursday: Rest
Friday: Rest
Saturday: Bike for 45 minutes in Zone I
Sunday: Swim for 30 minutes in Zone I

Week 2: Adaptation
Monday: Rest
Tuesday: Swim for 30 minutes in Zone I
Wednesday: Run for 30 minutes in Zone I
Thursday: Rest
Friday: Rest
Saturday: Bike for 45 minutes in Zone I
Sunday: Swim for 30 minutes in Zone I

Week 3: Moderate
Monday: Rest
Tuesday: Swim for 35 minutes in Zone II: Benchmark; strength train for 20 minutes
Wednesday: Run for 30 minutes in Zone II; bike for 45 minutes in Zone II: Benchmark
Thursday: Swim for 20 minutes in Zone I; strength train for 20 minutes
Friday: Rest
Saturday: Brick: Bike for 60 minutes in Zone I and run for 30 minutes in Zone I
Sunday: Rest

Week 4: Moderate
Monday: Rest
Tuesday: Swim for 30 minutes in Zone II; strength train for 20 minutes
Wednesday: Run for 40 minutes in Zone II: Benchmark; bike 45 minutes in Zone II
Thursday: Swim for 20 minutes in Zone I; strength train for 20 minutes
Friday: Rest
Saturday: Brick workout: Bike for 60 minutes in Zone I and run for 30 minutes in Zone I
Sunday: Rest

Week 5: Hard
Monday: Rest
Tuesday: Swim for 35 minutes in Zone II: Benchmark; strength train for 40 minutes
Wednesday: Bike for 45 minutes in Zone II: Benchmark; run for 40 minutes in Zone II: Benchmark
Thursday: Swim for 30 minutes in Zone I; strength train for 20 minutes
Friday: Rest
Saturday: Brick workout/test triathlon: Swim for 20 minutes in Zone I, bike for 40 minutes in Zone II, and run for 20 minutes in Zone I
Sunday: Rest

Week 6: Event
Monday: Rest
Tuesday: Bike for 30 minutes in Zone I
Wednesday: Swim for 20 minutes in Zone I
Thursday: Run for 20 minutes in Zone I
Friday: Rest
Saturday: Swim for 15 minutes in Zone I; bike for 15 minutes in Zone I
Sunday: Race day
Each intensity level, or training “Zone,” corresponds to a specific target heart rate in relation to your maximum heart rate (sometimes calculated as 220 minus your age).

- **Zone I:** Training Zone I workouts should be performed at 50-60 percent of maximum heart rate. This should feel easy. Your breathing should be slightly elevated, but you should be able to hold a conversation without trouble.
- **Zone II:** Training Zone II workouts should be performed at 60-70 percent of maximum heart rate. This is a moderately easy pace. Your breathing will feel more labored, but you should still be able to talk.
- **Zone III:** Training Zone III workouts should be performed at 70-80 percent of maximum heart rate. This is a moderate pace. It’ll be hard to hold a conversation—you can spit out a few words at a time.
- **Zone IV:** Training Zone IV workouts should be performed at 80-90 percent of maximum heart rate. This is a moderately hard pace. You’ll be struggling to talk. But remember—it’s not all out. You should still be able to maintain this pace for around 20 minutes.


**Do you need someone to help you get or stay motivated during the 6 Week Training?**

Watch for Flyers on weekday/weekend training sessions to help improve technique, strokes, breathing, cycling strategies, and injury prevention.