



## **2023 Southern Hills Triathlon Olympic Distance Training Program**

### **GOALS**

- Promote a healthy lifestyle.
- Enhance your knowledge & abilities relating to triathlons and overall fitness
- Successful completion of The Southern Hills Triathlon
- HAVE FUN!

### **CONTACTS**

Brendan Murphy, The Southern Hills Triathlon Race Director, [raceinfo@thesouthernhillstri.com](mailto:raceinfo@thesouthernhillstri.com)

### **WEB SITE**

<https://thesouthernhillstri.com>

FB Page: The Southern Hills Triathlon

### **CHOOSE YOUR LEVEL**

#### **S: Sprint Distance for Beginners**

This program is for the beginner to intermediate triathlete that only has time for one workout per day. The only goal is to complete the Sprint distance (1/4 mile swim, 12 mile bike, 3.1 mile run)

#### **O: Olympic distance for Beginner-Intermediate**

This program is for someone looking to improve triathlon fitness and/or improve times/ distances. Goal is to complete the Olympic distance. (1 mile swim, 24 mile bike, 6.2 mile run)

### **TRAINING CALENDAR KEY**

- **REST:** Rest day. Do no strenuous physical activity.
- **EZ:** An easy or recovery pace.
- **T:** Tempo runs – a threshold run is about 30 seconds slower per mile than your 5-K race pace.
- **MOD:** Moderate pace...faster than your EZ pace, but not all out. Able to maintain for an hour.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.
- **GR:** Group Runs.....or Bikes....or Swims! A great way to get together with folks and experience training in a group. We will be meeting on the bike path or pool. Time and location TBD and will send out in the weekly emails.
- **4:1 Run:** Run 4 minutes (moderate to fast) and brisk walk to slow walk for 1 minute.

## JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12	13	14	15	16	17
18 Run 40 min 4:1	19 Swim 30 min EZ, pull 10	20 Bike 90 min (increase cadence every 5 min for 15 min and repeat)	21 Swim 60 min Aerobic Run 4:1 40 min EZ	22 Run 40 min 4:1	23 Bike 2.5 hours EZ to Mod	24 Swim 45 min MOD Run 40 min EZ 4:1

## JUN - JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Run 40 min 4:1	26 Swim 40 min EZ, pull 10 min	27 Bike 60 min Tempo	28 Swim 60 min Aerobic Run 4:1 for 40 min EZ	29 Run 40 min 4:1	30 Bike 3 hours EZ to Mod Run 15 min 1:1 Fast: Walk	7/1 Swim 45 min MOD Run 50 min EZ 4:1
2 REST DAY	3 Swim 30 min EZ, pull 10 min Run 4:1 for 30 min	4 Bike 90 min (increase cadence every 5 min for 15 min and repeat)	5 Swim 45 min Aerobic Run 4:1 30 min EZ	6 Run 40 min 4:1	7 Bike 2 hours EZ to Mod Run 30 min EZ	8 Swim 45 min MOD Run 50 min EZ 4:1
9 Run 40 min 4:1	10 Swim 40 min EZ, pull 10 min.	11 Bike 60 min T, Run 15 min :30:30 (Fast, EZ)	12 Swim 60 min Aerobic Run 2:1 40 min (2 min fast, 1 min walk)	13 Run 40 min 4:1	14 Bike 1 hours EZ to Mod Run 30 min 1:1:1 EZ, MOD, FAST	15 Swim 45 min MOD Run 60 min EZ 4:1
16 Run 40 min 4:1	17 Swim 40 min EZ, pull 10	18 Bike 60min Tempo	19 Swim 60 min Aerobic Run 4:1 60 min Tempo	20 Swim 45 min EZ Run 40 min EZ 4:1	21 Bike 1.5 hours EZ to Mod Run 30 min 1:1:1 EZ, MOD, FAST	22 Swim 45 min MOD Run 60 min EZ 4:1

23	24	25	26	27	28	29
REST DAY	Swim 40 min EZ, pull 10	Bike 60 min T, Run 15 EZ	Swim 60 min Aerobic Run 4:1 60 min Tempo	Swim 45 min EZ Run 40 min EZ 4:1	Bike 1.5 hours EZ to Mod Run 30 min 4:1 EZ	Swim 45 min MOD Run 60 min EZ: SURGE 4:1

## AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
33	31	8/1	2	3	4	5
Run 40 min 4:1	Swim 50 min EZ, pull 20	Bike 60 min T, Run 30 min 1:1:1 (Fast, Walk, EZ)	Swim 60 min Aerobic Run 4:1 60 min Tempo	Swim 45 min EZ Run 40 min EZ 4:1	Bike 1.5 hours EZ to Mod Run 30 min 4:1 EZ	Swim 45 min MOD Run 60 min EZ : SURGE 4:1
6	7	8	9	10	11	12
Run 40 min 4:1	Swim 50 min EZ, pull 20 min	Bike 75 min T, Run 30 min 1:1:1 (Fast, Walk, EZ)	Swim 60 min Aerobic Run 4:1 for 60 min - Tempo	Swim 45 min EZ Run 40 min EZ 4:1	Bike 1.75 hours EZ to Mod Run 30 min 4:1 Tempo	Swim 45 min MOD Run 60 min TEMPO 8:2
13	14	15	16	17	18	19
REST DAY	Swim 45 min EZ, pull 15min Run 4:1 for 40 min	Bike 60min Tempo	Swim 60 min Aerobic Run 4:1 for 60 min - Tempo	Swim 45 min EZ Run 40 min EZ 4:1	Swim 45 min MOD Run 60 min TEMPO 8:2	Bike 30 min MOD Run 30 min Bike 30 min
20	21	22	23	24	25	26
REST DAY	Swim 60 min EZ, pull 30 min Run 4:1 for 40 min	Bike 60 (3 hard, 3 EZ)	Swim 60 min Aerobic Run 4:1 40 min EZ	Run 40 min EZ 4:1	Bike 1.75 hours EZ to Mod Run 30 min 4:1 Tempo	Swim 45 min MOD Run 60 min MOD 4:1
27	28	29	30	31	9/1	2
REST DAY	Swim 60 min EZ, pull 30 min Run 2:1 45 min (2 min fast, 1 walk)	Bike 60 EZ	Swim 60 min Aerobic Run 4:1 30 min EZ	REST DAY	Swim 20 min Bike 30 min Run 15 min	<b><u>Race Day!!</u></b>