2023 – The Southern Hills Triathlon
<u>Sprint</u> 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
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WEB SITE
https://thesouthernhillstri.com
FB Page: The Southern Hills Triathlon

CHOSE 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.

JUN / JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Bike 30 min ez	26 Rest Day	27 Swim 45 min EZ	28 Run 30 min Mod	29 Bike 40 min EZ	30 Rest Day	7/1 Swim 45 min EZ (rest 1 min every 6 laps)
2 Bike 60 min mod	3 Rest Day	**4** Bike 45 min EZ	5 Swim 30 min Tempo	6 Run 45 min 4:1	7 REST Day	8 Bike 60 min Mod
9 Run 45 min mod	10 Rest Day	11 Swim 45 min (rest 1 min every 5 laps)	12 Run 40 min Tempo	13 Bike 45 min Low gear/hills	14 REST Day	15 Bike 60 min Mod Run 15 min EZ
16 Run 45 min Mod	17 Swim 45 min Mod pace, rest 1 min every 3 laps	18 Bike 60min Tempo	19 REST DAY	20 Bike 45 min (3 min fast, 1 min EZ)	21 REST Day	22 Bike 60 min Mod Run 15 min EZ
23 Swim 45 min (12 laps mod, 12 EZ, 8 mod, 4 EZ)	24 Run 45 min Tempo	25 S wim 30 min mod	26 Bike 40 min increasing cadence every minute for 5 min sets	27 Swim 45 min Mod (kick 6 laps every 10 laps)	28 REST Day	29 Bike 60 min MOD Run 20 min EZ: SURGE 4:1 at end

AUGUST / SEP 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Bike 60 min EZ	31 Run 45 min Tempo	8/1 REST DAY	2 Bike 50 min Mod-Hard	3 Swim 45 min Mod	4 REST Day	5 Bike 75 min Mod Run 30 min Tempo
6 Swim 30 min mod	7 Run 30 min EZ	8 RUN 45 min 4 min EZ, 1 min Tempo)	9 Bike 60 min Mod Run 15 min Mod	10 Swim 45 min Mod	11 REST Day	12 Bike 90 min Mod
13 RUN 50 min (15 min mod, 5 min mod to hard, 5 min EZ)	14 Swim 45 min (8 laps mod, 2-4 laps kick)	15 Bike 60min (8 min hard, 2 min EZ)	16 RUN 45 min EZ	17 Swim 45 min EZ	18 REST Day	19 Bike 30 min mod Run 30 Min Tempo Bike 30 min Mod
20 RUN 60 min Race pace	21 Swim 45 min Race pace	22 Bike 60 min EZ	23 RUN 45 min (negative split…faster in second half)	24 Swim 45 min (4 laps Mod, 1 lap EZ)	25 REST Day	26 Bike60 min MOD Run 15 min MOD 4:1
27 RUN 45 min EZ	28 Swim 45 min EZ,	29 Run 45 min EZ	30 Bike 30 min (1.5 min Race, 3 min EZ)	31 RUN 20 min Tempo	9/1 REST Day OR Swim 20 min ez	2 **Race Day!!**