



Triathlon Information

Sample Training Programs

**Peregrine Charities
One Peregrine Way
Cedar Falls, IA 50613
319-553-2118**

info@peregrinecharities.org
www.peregrinecharities.org/tri

Sample Training Schedules

Sprint Pre-Training Program

The Sprint Training program is typically 13 weeks long; however, if you are eager to begin a little early, here is a two week program that you can incorporate into your weekly schedule to prepare you for the longer programs. Swimming and running 2-3 times a week and biking 1-2 times per week is the goal. In order to give your muscles (including your mind) a break, increase your workouts by only 10% each time.

For a typical sprint triathlon (.5 mi swim, 15.8 mi bike, 3 mile run), here are some results of the fastest ("I'm in it to WIN!") and the slowest ("I'm in it to SUCCEED!") times from ages 15 to 70:

Swim: 10-35 minutes
Bike 30-55 minutes
Run 18-45 minutes
TOTAL: 55-135 minutes

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim - X	OFF	Bike - X	Run - 20 min	Swim - X	OFF	Bike - X
2	Run - 20 min	OFF	Bike - x + 10%	Run - 22 min	Swim - X + 10%	OFF	Bike - X + 10%

Training for the Swim

25 Yard Pool

½ mile = about 800 yards = 32 lengths

1 mile = about 1700 yards (1500 meters) = 68 lengths

50 Meter Pool

½ mile = about 800 meters = 16 lengths

1 mile = about 1500 meters = 30 lengths

14 week training program for the Sprint distance:

Please note that the training schedule is measured in minutes.

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	5/14	Swim 15; run 20	Off	Bike 35	Run 20	Swim 30	Off	Bike 40	160
2	5/21	Swim 20; run 25	Off	Bike 35	Run 20	Swim 30	Off	Bike 45	175
3	5/28	Swim 20; run 25	Off	Bike 30	Run 25	Swim 35	Off	Bike 45	180
4	6/4	Swim 20; bike 30	Off	Run 25	Swim 25	Bike 45	Off	Run 30	175
5	6/11	Swim 25; bike 30	Off	Run 25	Run 30	Swim 30	Off	Bike 45	185
6	6/18	Run 15	Off	Bike 25	Run 15	Bike 25	Off	Swim 20	100

7 6/25 REST WEEK, and then continue:

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
8	7/2	Run 15	Off	Bike 30	Bike 25	Run 20	Off	Swim 25 (open water)	115
9	7/9	Swim 25; bike 35	Off	Bike 35	Bike 50	Swim 30	Off	Run 35	210
10	7/16	Swim 25; bike 35	Off	Run 25	Swim 30	Bike 35	Off	Run 35	205
11	7/23	Swim 30; run 30	Off	Bike 45	Run 45	Swim 35	Off	Bike 60	245
12	7/30	Swim 20; bike 30	Off	Run 25	Bike 35	Swim 20	Off	Bike 55; run 30	215
13	8/6	Swim 20	Off	Off	Run 30	Bike 45	Off	Swim 20 (open water)	115
14	8/13	Off	Bike 15	Off	Swim 15	Run 15	Off	Race!!	45

16 Week Olympic Training Programs

A 16 week Olympic training program is below. This training schedule is based on the finishing times of those in the back of the pack, so if you are newer to Triathlons and somewhat slower, don't worry. Those athletes who are faster will do just as well or better as you'll be exceeding the distances.

The program below is broken down by months.

Please note that the training schedule is in minutes.

MONTH 1: Begin April 30

Week	Date	M	T	W	TH	F	S	S	TOTAL	Vol.
1	4/30	24 swim; 48 bike	OFF	40 swim	24 run	80 bike	OFF	40 run	4 h 16 m; 256 m	
2	5/7	26 swim; 53 bike	OFF	44 swim	26 run	88 bike	OFF	44 run	4 h 41 m; 281 m	+10%
3	5/14	29 swim; 58 bike	OFF	48 swim	29 run	97 bike	OFF	48 run	5 h 9m; 309m	+10%
4	5/21	17 swim; 35 bike	OFF	29 swim	17 run	58 bike	OFF	29 run	3 h 5 m; 185m	-40%
Notes		Short Swim; Short Bike	OFF	Long swim	Short Run	Long bike	OFF	Long run		

MONTH 2:

Week	Date	M	T	W	TH	F	S	S	TOTAL	Vol.
1	5/28	29 swim; 58 bike	OFF	48 swim	29 run	97 bike	OFF	48 run	5 h 9 m; 309 m	
2	6/4	32 swim; 64 bike	OFF	53 swim	32 run	107 bike	OFF	53 run	5 h 41 m; 341 m	-10%
3	6/11	35 swim; 70 bike	OFF	58 swim	35 run	117 bike	OFF	58 run	6 h 13 m; 373 m	+10%
4	6/18	21 swim; 42 bike	OFF	35 swim	21 run	70 bike	OFF	35 run	3 h 44 m; 224 m	-40%
Notes		Short swim; short bike	OFF	Long swim	Short run	Long bike	OFF	Long run		

MONTH 3:

Week	Date	M	T	W	TH	F	S	S	TOTAL	Vol.
1	6/25	35 swim; 70 bike	OFF	58 swim	35 run	117 bike	OFF	58 run	6 h 13 m; 373 m	
2	7/2	38 swim; 77 bike	OFF	64 swim	38 run	128 bike	OFF	64 run	6 h 49 m; 409 m	+10%
3	7/9	42 swim; 85 bike	OFF	70 swim	42 run	141 bike	OFF	70 run	7 h 30 m; 450 m	+10%
4	7/16	25 swim; 51 bike	OFF	42 swim	25 run	85 bike	OFF	42 run	4 h 30 m; 270 m	-40%
Notes		Short swim; short bike	OFF	Long swim	Short run	Long bike	OFF	Long run		

MONTH 4:

Week	Date	M	T	W	TH	F	S	S	Total	Vol.
1	7/23	42 swim; 85 bike	OFF	70 swim	42 run	141 bike	OFF	70 run	7 h 30 m; 450 m	
2	7/30	46 swim; 93 bike	OFF	77 swim	46 run	155 bike	OFF	77 run	8 h 14 m; 494 m	+10%/Peak
3	8/6	37 swim; 74 bike	OFF	62 swim	OFF	124 bike; 37 run	OFF	62 run	6 h 36 m; 396 m	=20%/Taper
4	8/13	23 swim; 47 bike	OFF	39 swim	78 bike; 23 run	OFF	RACE	RACE	3 h 30 m; + Race	-30%/Taper
Notes		Short swim; short bike	OFF	Long swim	Short run	Long bike	OFF	Long run		

Training schedule from www.beginnertriathlete.com

Resources

- **2011 Peregrine Charities Triathlon (319) 553-2118**
www.peregrinecharities.org/tri
info@peregrinecharities.org

Equipment Purchase and Rentals

- **Scuba Too (319) 268-4201**
6322 University Ave.
Cedar Falls, IA 50613
www.scubatoo.net
- **Bike Tech (319) 266-5979**
122 Main St.
Cedar Falls, IA 50613
www.biketechcf.com
- **The Runner's Flat (319) 277-1154**
120 Main St.
Cedar Falls, Iowa 50613
www.therunnersflat.com
- **SeataSea (319) 365-6066**
Cedar Rapids, IA 52404
www.seatasea.com

Training Facilities and Groups

- **Peregrine Charities Triathlon Facebook Page**
- **The Runner's Flat Facebook Page**
 - Stay updated on group open water swims, bike rides, and runs
- **YMCA of Black Hawk County (319) 233-3531**
669 South Hackett Road
Waterloo, IA 50701
- **UNI Wellness & Recreation Services (319) 273-6275**
WRC 101
Cedar Falls, IA 50614
<http://www.uni.edu/wellrec>
- **Cedar Falls Recreational Center (319) 273-8636**
110 East 13th Street
Cedar Falls, IA 50613
- **Bike Tech (319) 266-5979**
122 Main St.
Cedar Falls, IA 50613
www.biketechcf.com

- **The Runner's Flat (319) 277-1154**
120 Main St.
Cedar Falls, Iowa 50613
www.therunnersflat.com
- **Orchard Hill Faith Runners (319) 230-7601**
Mike Brost
<http://www.orchardhillchurch.org/weeklyevents.htm>
- **The Training Center (319) 269-0790**
Valley Lutheran High School
Cedar Falls, IA 50613
Kay Cervetti <http://kaycervetti.org>

Aquatic Facilities

- **UNI- Wellness & Recreation Services Aquatics**
Consider joining the Master's Swim Team (\$125/semester) Coaches will help 5 days/week. M-Th 5:30-6:30pm, Saturday 8:30am-9:30am. Call 319-273-3972 or email swimlessons@un.edu for more info.
WRC Cedar Falls, IA 50614
 - Eight-lane 25-yard pool

Monday, Wednesday, Friday	6:00am-7:50am
Monday-Friday	11:30am-1:00pm*
Monday-Thursday	5:00pm-9:00pm**
Friday	5:00pm-7:30pm
Saturday	12:00pm-5:00pm
Sunday	3:00pm-8:00pm

*Pool shared w/HPELS class until 12:00pm
**Pool shared w/Masters Club and Fitness Classes
- **Holmes Pool (319) 553-3012**
505 Holmes Drive
Cedar Falls, IA 50613
 - 6 lane - 25 meter pool with bulkhead converting it to 25 yards
 - Open Daily
 - 7:00-8:45 pm Sunday, Tuesday, and Thursday
 - 1:00-3:45 pm Sunday
- **Peet Pool (319) 553-3011**
East Seerley Boulevard
Cedar Falls, IA 50613
 - 6 lane - 25 yard pool with starting blocks- Saturdays 1:00 - 3:45pm
- **Blackhawk YMCA (319) 233-3531**
669 South Hackett Road
Waterloo, IA 50701

Race Day Checklist

Swim

- Swimsuit/Tri Suit (place this with the clothes you will be wearing race morning)
- Goggles
- Spare goggles
- Anti-fog drops for goggles (optional)
- Wetsuit (optional)
- Swimming Cap (provided)

Bike

- Helmet (with numbers attached)
- Bike shoes
- Socks
- Cycling shorts/Tri shorts
- Cycling top/Tri top
- Cycling glasses/Sunglasses
- Water bottles
- Spare inner tubes
- Tools
- Bike pump

Run

- Running shoes
- Race number
- Socks
- Running shorts/Tri shorts
- Running T-shirt/Tri top
- Headband, visor, or cap (optional)
- Sunglasses (optional)

Other Essentials

- Sport Watch
- Sports drink, energy bars, or snacks
- Jacket (in case of rain or cool weather) and other warm clothes
- Sunscreen
- Water-based lubricant (to run in areas where chafing may occur)
- Towel