



pathperformance

Tri-Shark Triathlon Beginner Training Plan

Brought to you by Path Performance Coaching

Congratulations for taking the leap and signing up for the Tri-Shark Triathlon! Triathlon is a healthy, fun and addictive sport that welcomes people of all ages and abilities. No matter if your goal is to be healthy and vital, compete with others, manage your stress, lose weight, or to socialize with other active people, Triathlon is a fun and challenging sport that you can enjoy for a lifetime.

Included on the pages that follow is a FREE 12-week training plan designed to help you train for your first triathlon. Our greatest hope is that you will use this program as a basic guide to successfully complete your first triathlon and begin an exciting connection with Triathlon.

The plan is presented in an easy to follow, calendar format. There are some abbreviations used in the workout descriptions. You will find all of the abbreviations described in the section titled "**Definitions & Terminology**" after the training plan.

Please let us know if you have questions about this program or how we can help you enjoy Triathlon as a part of your vital life.

Enjoy the journey!

Kevin McCarthy
President, Path Performance, Inc.



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	Mon, 3/16/15	Tue, 3/17/15	Wed, 3/18/15	Thu, 3/19/15	Fri, 3/20/15	Sat, 3/21/15	Sun, 3/22/15
	OFF	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
Mar-16	OFF DAY!	Easy: Bike trainer or spin class 20-30 MIN	Easy: 20 MIN Walk/jog	Easy: 800yds - Broken into 50's & 100's	OFF DAY!	Easy: 35-40 MIN	Easy: 30 MIN Walk to jog
	Mon, 3/23/15	Tue, 3/24/15	Wed, 3/25/15	Thu, 3/26/15	Fri, 3/27/15	Sat, 3/28/15	Sun, 3/29/15
	BIKE	SWIM	RUN	SWIM	OFF	BIKE - Long	RUN
Mar-23	Easy: Bike trainer or spin class 30 MIN	Easy: 1000yds - Broken into 50's & 100's	Easy: 25 MIN Walk/jog	Easy: 1000yds - Broken into 50's & 100's	OFF DAY!	Easy: 45-50 MIN	Easy: 35 MIN Walk/jog
	Mon, 3/30/15	Tue, 3/31/15	Wed, 4/1/15	Thu, 4/2/15	Fri, 4/3/15	Sat, 4/4/15	Sun, 4/5/15
	SWIM	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
Mar-30	Easy: 1100yds - Broken into 50's & 100's & 150's	Easy: Bike trainer or spin class 40 MIN	Easy: 30 MIN Walk/jog	Easy: 1100yds - Broken into 50's & 100's & 150's	OFF DAY!	Easy: 50-60 MIN	Easy: 40 MIN Walk/jog
	Mon, 4/6/15	Tue, 4/7/15	Wed, 4/8/15	Thu, 4/9/15	Fri, 4/10/15	Sat, 4/11/15	Sun, 4/12/15
	SWIM	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
Apr-6	Easy: 1200yds - Broken into 50's & 100's & 150's	Easy: Bike trainer or spin class 45 MIN	Easy: 35 MIN Walk/jog	Easy: 1200yds - Broken into 50's & 100's & 150's	OFF DAY!	Easy: 1:00 W/ Moderate: 25 MIN	Easy: 45 MIN Walk/jog
	Mon, 4/13/15	Tue, 4/14/15	Wed, 4/15/15	Thu, 4/16/15	Fri, 4/17/15	Sat, 4/18/15	Sun, 4/19/15
	SWIM	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
Apr-13	Easy: 1400yds - Broken into 50's & 100's & 150's	Easy: Bike trainer or spin class 45 MIN	Easy: 35 MIN Walk/jog	Easy: 1400yds - Broken into 50's & 100's & 150's	OFF DAY!	Easy: 1:00 W/ Moderate: 30 MIN	Easy: 45 MIN Walk/jog
	Mon, 4/20/15	Tue, 4/21/15	Wed, 4/22/15	Thu, 4/23/15	Fri, 4/24/15	Sat, 4/25/15	Sun, 4/26/15
	SWIM	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
Apr-20	Easy: 1500yds - Broken into 50's & 100's & 200's	Easy: Bike trainer or spin class 50 MIN	Easy: 40 MIN Walk/jog	Easy: 1500yds - Broken into 50's & 100's & 200's	OFF DAY!	Easy: 1:00 MIN W/ Moderate: 35 MIN	Easy: 50 MIN Walk/jog

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	Mon, 4/27/15	Tue, 4/28/15	Wed, 4/29/15	Thu, 4/30/15	Fri, 5/1/15	Sat, 5/2/15	Sun, 5/3/15
	SWIM	BIKE	RUN	SWIM	OFF	BRICK	RUN-LONG
Apr-27	Easy: 1600yds - Broken into 50's & 100's & 200's	Easy: Bike trainer or spin class 50 MIN	Easy: 40 MIN Walk/jog	Easy: 1600yds - Broken into 50's & 100's & 200's	OFF DAY!	Brick training W/UP = 1st 10 MIN on BIKE Easy: BIKE 25 MIN + Easy RUN 20 MIN (walk as needed)	Easy: 50 MIN Walk/jog
	Mon, 5/4/15	Tue, 5/5/15	Wed, 5/6/15	Thu, 5/7/15	Fri, 5/8/15	Sat, 5/9/15	Sun, 5/10/15
	OFF	BIKE	RUN	SWIM	OFF	BIKE - Long	RUN
May-4	OFF DAY!	Easy: Bike trainer or spin class 30 MIN	Easy: 25 MIN Walk/jog	Easy: 1000yds - Broken into 50's & 100's	OFF DAY!	Easy: 1:20 MIN W/ Moderate: 40 MIN	Easy: 35 MIN Walk/jog
	Mon, 5/11/15	Tue, 5/12/15	Wed, 5/13/15	Thu, 5/14/15	Fri, 5/15/15	Sat, 5/16/15	Sun, 5/17/15
	SWIM	BIKE	RUN	SWIM	OFF	BRICK	RUN
May-11	Easy: 1500yds - Broken into 50's & 100's & 200's	Easy: Bike trainer or spin class 40 MIN	Easy: 40 MIN Walk/jog	Easy: 1500yds - Broken into 50's & 100's & 200's	OFF DAY!	*Brick training W/UP = 1st 10 MIN on BIKE Easy: BIKE 25 MIN + Easy RUN 20 MIN (walk as needed)	Easy: 50 MIN Walk/jog
	Mon, 5/18/15	Tue, 5/19/15	Wed, 5/20/15	Thu, 5/21/15	Fri, 5/22/15	Sat, 5/23/15	Sun, 5/24/15
	SWIM	BIKE	RUN	SWIM	OFF	BRICK	BIKE - Long
May-18	Easy: 1500yds - Broken into 50's & 100's & 200's	Easy: Bike trainer or spin class 45 MIN	Easy: 45 MIN Walk/jog	Easy: 1600yds - Broken into 50's & 100's & 200's	OFF DAY!	Brick training W/UP = 1st 10 MIN on BIKE Easy: BIKE 25 MIN + Easy RUN 20 MIN (walk as needed)	Easy: 1:20 MIN W/ Easy: 45 MIN

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	Mon, 5/25/15	Tue, 5/26/15	Wed, 5/27/15	Thu, 5/28/15	Fri, 5/29/15	Sat, 5/30/15	Sun, 5/31/15
	SWIM	BIKE	RUN	SWIM	OFF	BIKE - Longer	RUN
May-25	Easy: 1000yds - Broken into 50's & 100's	Easy: Bike trainer or spin class 30 MIN	Easy: 25 MIN Walk/jog	Easy: 800yds - Broken into 50's & 100's	OFF DAY!	Easy: 45 MIN	Easy: 35 MIN Walk/jog
	Mon, 6/1/15	Tue, 6/2/15	Wed, 6/3/15	Thu, 6/4/15	Fri, 6/5/15	Sat, 6/6/15	Sun, 6/7/15
	OFF	BIKE	RUN	SWIM	OFF	RACE	RECOVER
Jun-1	OFF DAY!	Easy: 20 MIN	Easy: 20 MIN	Easy: 300yds	OFF DAY!	TRI-SHARK TRI/DUATHLON!!!	Rest, recover and celebrate!

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Definitions & Terminology

General Workout Details

W/U = Warm-Up

C/D = Cool-Down

W/:30 = With :30 seconds rest - Rest interval between repeats of swimming, biking or running

MIN = Minutes

Swim Workout Details

Broken into 50's & 100's & 200's = break up the swim into sets of repeats that are 50, 100 and 200 yards long with 10-30 seconds of recovery between repeats.

Bike Workout Details

Cadence = the number of revolutions per minute (RPM) you are turning your pedals

Spin = turning your pedals at 90-100 cadence with a comfortably easy gear

BRICK = workout in which two of the three disciplines of a triathlon are done together in training - typically biking followed immediately by running; can be swimming followed by biking

Run Workout Details

Walk/Jog = break up the run workout into repeated bouts of easy running followed by short periods of walking.