

Inspiring Triathletes - Countdown to May 15th

Today – March 6th

1. 30 min. bike trainer – spin @ 90 in the aerobars
(10 min. warmup easy, 4 x 2 min. hard with 3 min. medium between)
2. 3 mile run
(1 mile warmup, 5 x 1 min. hill hard with slow jog or walk down, 1 mile easy run)
3. 1000 yard swim
(200 breast warmup, 6 x 100 free with 1 min. rest between, 200 breast cooldown)

March 7th – March 13th

1. 40 min. bike trainer – spin @ 90 in the aerobars
(10 min. warmup easy, 6 x 2 min. hard with 3 min. medium between)
2. 3 mile track run
(1 mile warmup, 2 x ½ mile @ race pace, walk lap between, 1 mile easy run)
3. 1000 yard swim
(200 breast warmup, 3 x 200 free with 1 min. rest between, 200 breast cooldown)

March 14th - March 20th

1. 40 min. bike trainer – spin @ 90 in the aerobars
(10 min. warmup easy, 6 x 3 min. hard with 2 min. medium between)
2. 4 mile run
(1 mile warmup, 5 x 2 min. hill with slow jog down, 1 mile easy run)
3. 1200 yard swim
(200 breast warmup, 100, 200, 200, 300 free, all with 1 min. rest between, 200 breast cooldown)

March 21st - March 28th

1. 52 min. bike trainer – spin @ 90 in the aerobars
(10 min. warmup easy, 6 x 4 min. hard with 3 min. medium between)
2. 4 mile track run
(1 mile warmup, 3 x ¾ mile @ race pace, walk lap between, 1 mile easy run)
3. 1400 yard swim
(200 breast warmup, 10 x 100 free with 30 sec. rest between, 200 breast cooldown)

March 28th – April 3rd

1. Bike the 12.2 mile triathlon course. Pay attention to aerobars and gears.
2. Run the 3.5 mile triathlon course. Focus on cadence and finishing strong.
3. 1600 yard swim
(200 breast warmup, 3 x 400 free with 1 min. rest between, 200 breast cooldown)

April 4th – April 10th

1. Bike 6 miles. Run 2 miles.
2. 4+ mile run
(On the triathlon course, find the biggest hill and run it 3 times [1-2 min. with slow jog down])
3. 1500 yard swim
(200 breast warmup, 2 x 550 free with 2 min. rest between, 200 breast cooldown)

April 11th – April 17th

1. Bike 10 miles. Run 2 miles.
2. 5 mile track run
(1 mile warmup, 2 x 1 ½ mile @ race pace, walk a lap between, 1 mile easy run)
3. 1600 yard swim
(200 breast warmup, 12 x 100 free with 20 sec. rest between, 200 breast cooldown)

April 18th – April 24th

1. Bike 10 miles. Run 3 miles.
2. 5 mile track run
(1 mile warmup, 3 x 1 mile @ race pace, walk a ½ lap between, 1 mile easy run)
3. 1900 yard swim
(200 breast warmup, 3 x 500 free with 1 min. rest between, 200 breast cooldown)

April 25th – May 1st

1. Bike the 12.2 mile triathlon course. Run the 3.5 mile triathlon course.
2. 4 mile run
(1 mile warmup, 12 x 40 sec. hill, with a moderate run down, 1 mile easy run)
3. 1900 yard swim
(200 breast, 10 x 150 free with 20 sec. rest between, 200 breast cooldown)

May 2nd – May 8th

1. Bike the 12.2 mile triathlon course. Run the 3.5 mile triathlon course.
(Focus on a fast transition and picking up a quick cadence off the bike)
2. 4 mile track run
(1 mile warmup, 2 miles race pace [quick cadence], 1 mile cooldown)
3. 1400 yard swim
(200 breast warmup, 1000 free, 200 breast cooldown)

May 9th – May 15th

1. Bike the 12.2 mile triathlon course.
(Easy spin, focus on cadence, wear your race gear, practice transition at the end)
2. Run the 3.5 mile triathlon course.
(Focus on cadence, wear your race gear, no kick to the finish)
3. 900 yard swim
(200 breast warmup, 10 x 50 free [focus on form, breathing, flip turns], 200 breast cooldown)

Race Day

1. Gear layed out the night before.
2. Eat breakfast early (at least 600 calories)
3. Arrive 1 to 1 ½ hours before race start.
4. Eat a gel before the race start. Eat another gel 20 minutes into the bike.
5. Race to the finish.
6. Thank volunteers, race directors, family and all those who supported you.