

Ready, Set - **GOAL!**

## BEGINNER-INTERMEDIATE MARATHON/TRIATHLON PROGRAM

### RESOURCES

- [www.usatriathlon.org](http://www.usatriathlon.org)
- [www.beginnertriathlete.com](http://www.beginnertriathlete.com)
- [www.trinewbies.com](http://www.trinewbies.com)

### Training Plans for Multisport Athletes by Gale Bernhardt

- [www.triathlonadventures.com](http://www.triathlonadventures.com)
- [www.eliteendeavors.com](http://www.eliteendeavors.com)
- [www.3disciplines.com](http://www.3disciplines.com)

Strength training should include upper and lower body exercises: one can use machines, free weights, resistance bands, and plyometrics exercises to achieve this.

Complete 2-4 sets of 15-20 repetitions for lower body exercises. We will be focusing on building muscular endurance.

Complete 2-4 sets of 10-15 repetitions for upper body exercises. We will be building endurance in addition to upper body strength for the swim.

### Exercises designated for triathletes include:

Lat pulldown	Leg extension
Bench press	Leg curl (hamstring curl)
Dumbbell pullover	Squats
Inclined bench press	Calf raises
Bicep curl	Hip extension
Upright rows	Lunges (front, backward, and side lunges)
Front and lateral raises	



Basic crunch, sit-up, bicycle, reverse crunch, planks, etc are good abdominal exercises.



# Beginner-Intermediate Sprint Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>		1000 yard swim 30 minute bike	1000 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 30 minute run
<b>Week 2</b>	30 minute bike	1000 yard swim 45 minute bike	1250 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 35 minute run
<b>Week 3</b>	45 minute bike	1000 yard swim 45 minute bike	1250 yard swim 20 minute run	Strength train 45 minute bike	1250 yard swim 35 minute run	Rest	Strength train 40 minute run
<b>Week 4</b>	60 minute bike	<b>Recovery week:</b> 1000 yard swim 30 minute bike	1000 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 30 minute run
<b>Week 5</b>	45 minute bike	1000 yard swim 45 minute bike	1500 yard swim 25 minute run	Strength train 45 minute bike	1250 yard swim 40 minute run	Rest	Strength train 45 minute run
<b>Week 6</b>	60 minute bike	1200 yard swim (stroke) 45 minute bike	1500 yard swim 30 minute run	Strength train 45 minute bike	1500 yard swim 30 minute run	Rest	Strength train 45 minute run

**My Action Plan:**

1. Work on building endurance
2. Strength train prior to cardiovascular exercise

**My Goals:** On the days where you are performing two different workouts, complete one in the morning and one in the late afternoon or evening.

# Beginner-Intermediate Sprint Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 7</b>	75 minute bike	1200 yard swim (stroke) 45 minute bike	1600 yard swim 30 minute run	Strength train 45-60 minute bike	1500 yard swim 30-40 minute run	Rest	Strength train 50 minute run
<b>Week 8</b>	75-90 minute bike	<b>Recovery week:</b> 1000 yard swim (stroke) 30 minute bike	1200 yard swim 20 minute run	Strength train 30-45 minute bike (high cadence ride)	1200 yard swim 30 minute run	Rest	40 minute run
<b>Week 9</b>	60 minute bike	1200 yard swim (stroke) 60 minute bike	2000 yard swim 30 minute run	Strength train 45-60 minute bike	1200 yard swim 30-40 minute run	Rest	Strength train 40 minute run
<b>Week 10</b>		1500 yard swim 60 minute bike	2000 yard swim 30 minute run	60 minute bike	1500 yard swim 45 minute run	Rest	Strength train 45-60 minute run
<b>Week 11</b>	90 minute bike 20 minute run	<b>Recovery week:</b> 1000 yard swim (stroke) 30-45 min bike	1500 yard swim 20 minute run	45 minute bike (high cadence)	1200 yard swim 30 minute run	Rest	Strength train 45 minute run
<b>Week 12</b>	60 minute bike 20 minute walk/run	1500 yard swim 60 min bike	2000 yard swim 30-40 minute tempo run	45-60 minute bike (rolling hills)	1500 yard swim 30 min run	Rest	Strength train 60 minute run

**My Action Plan:**

1. Increase swim distance and bike and swim duration
2. Spend two times per week Strength training
3. Start focusing on stroke during Monday workouts
4. High cadence is 90+ rpm

**My Goals:** Continue to build endurance in all three disciplines. Maintain Strength training throughout this month. Remember to use the recovery week as an active rest period performing light to moderate intensities.

# Beginner-Intermediate Sprint Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 13</b>	90 minute bike	1500 yard swim 60 min bike	2000 yard swim quality run	60 minute bike (hill repeats)	1500 yard swim 30 minute run	Rest	Strength train 60 minute run
<b>Week 14</b>	90 minute bike 30 minute run	1500 yard swim 60 min bike	2000 yard swim quality run	Strength train 60 minute bike Hills	1500 yard swim 30 minute run	Rest	1000 yard swim 60 minute run
<b>Week 15</b>	90 minute bike 30 minute run	1500 yard swim 60 minute bike	2000 yard swim 40 min tempo run	Strength train 45-60 minute bike (high cadence)	1700 yard swim 30 minute run	Rest	1000 yard swim 60 minute run
<b>Week 16</b>	90 minute bike 30 minute run	Taper: 1500 yard swim 40 minute run	1000 yard swim easy bike 30-45 min	Strength train 30 minute bike	45 minute run	Rest	1000 yard swim 30 minute run
<b>Week 17</b>	60 minute bike (easy effort)	1500 yard swim 30 minute run	30-45 minute bike	1000 yd easy swim 30 min easy bike 30 min easy run	Rest	<b>To loosen up:</b> 15 minute swim 15 minute bike 15 minute run	<b>Race Day!</b>

**My Action Plan:**

1. Do hill repeats on a hill that takes 2-5 minutes to climb, perform 4-6 times after proper 15-20 minute warm-up
2. Tempo run includes maintaining a constant pace for the middle portion of the run (15-20 minutes) after a proper 10-15 minute warm-up

**My Goals:** If you are feeling good don't feel as though you need to continue working hard. Your body needs the rest during the recovery week. After the recovery week, start tempo running and hill riding.

Begin to taper two weeks prior to race day!

# Beginner-Intermediate Olympic/Marathon Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>		1000 yard swim 30 minute bike	1000 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 30 minute run
<b>Week 2</b>	30 minute bike	1000 yard swim 45 minute bike	1250 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 35 minute run
<b>Week 3</b>	45 minute bike	1000 yard swim 45 minute bike	1250 yard swim 20 minute run	Strength train 45 minute bike	1250 yard swim 35 minute run	Rest	Strength train 40 minute run
<b>Week 4</b>	60 minute bike	<b>Recovery week:</b> 1000 yard swim 30 minute bike	1000 yard swim 20 minute run	Strength train 30 minute bike	1000 yard swim 30 minute run	Rest	Strength train 30 minute run
<b>Week 5</b>	45 minute bike	1000 yard swim 45 minute bike	1500 yard swim 25 minute run	Strength train 45 minute bike	1500 yard swim 25 minute run	Rest	Strength train 40 minute run
<b>Week 6</b>	30 mile bike	1000 yard swim 15 mile bike	Strength train 25 minute run	25 mile bike	1750 yard swim 30 minute run	Rest	Strength train 45 minute run

**My Action Plan:**

1. Work on building aerobic and muscular endurance
2. Use recovery weeks to rest
3. Strength train is best done prior to cardiovascular exercise.

**My Goals:** On the days where you are performing two different workouts, complete one in the morning and one in the late afternoon or evening. This schedule can be rearranged depending upon your availability.

# Beginner-Intermediate Olympic/Marathon Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 7</b>	35 mile bike	1000 yard swim 20 mile bike	Strength train 25 minute run	25 mile bike	2000 yard swim 35 minute run	Rest	Strength train 50 minute run
<b>Week 8</b>	40 mile bike	<b>Recovery week:</b> 750 yard swim 15 mile bike	Strength train 20 minute run	20 mile bike	1500 yard swim 25 minute run	Rest	Strength train 40 minute run
<b>Week 9</b>	30 mile bike	1250 yard swim 20 mile bike	Strength train 25 minute run	25 mile bike	2000 yard swim 35 minute run	Rest	1000 yard swim 50 minute run
<b>Week 10</b>	40 mile bike 30 minute walk	1500 yard swim 25 mile bike	Strength train 25 minute run	25 mile bike	2000 yard swim 40 minute run	Rest	1000 yard swim 55 minute run
<b>Week 11</b>	45 mile bike 30 minute walk	1700 yard swim 25 mile bike	Strength train 30 minute run	30 mile bike	2200 yard swim 45 minute run	Rest	1000 yard swim 60 minute run
<b>Week 12</b>	50 mile bike 2-3 mile walk/jog	<b>Recovery week:</b> 1200 yard swim 15 mile bike	Strength train 20 minute run	20 mile bike	1500 yard swim 35 minute run	Rest	1000 yard swim 50 minute run

**My Action Plan:**

1. Increasing duration of exercise
2. Keep at a moderate intensity
3. After the second recovery week, start building on endurance through bricks.
4. May Strength train one day a week.

**My Goals:** Continuing to build endurance and continue focusing on Strength training. Complete strength on Tuesday and choose either Friday or Saturday as the second day if desired. (after the second week of recovery)

# Beginner-Intermediate Olympic/Marathon Log

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 13</b>	40 mile bike 2-3 mile walk/jog	2000 yard swim 25 mile bike	Strength train 3 mile tempo run	bike 20 miles riding hills	1500 yard swim (focus on stroke) Run 30 minutes	Rest	1000 yard swim 60 minute run
<b>Week 14</b>	40 mile bike 3-4 mile walk/jog	2000 yard swim 25 mile bike	Strength train 3 mile tempo run	Bike hills 25-30 miles	2000 yard swim (stroke) 30 minute run	Rest	1000 yard swim 60 minute run
<b>Week 15</b>	Bike 40 miles Jog 5 miles	2500 yard swim bike 25 miles	Strength training run 4 miles rolling hills	Bike tempo 20 -30 miles	1500 yd swim drills 30 minute run	Rest	1000 yard swim 60 minute run
<b>Week 16</b>	Bike 25 miles	1500 yard swim run 30 minutes	1000 yard swim run	Bike 25 miles	1500 yard swim 30 minute run	Rest	1000 yard swim 30 minute run
<b>Week 17</b>	Bike 25 miles	1500 yard swim run 20-30 minutes	1000 yard swim run 20-30 minutes	Bike 15 miles	Rest	15 minute swim 15 minute bike 15 minute run	<b>Race Day!</b>

**My Goals:** After the recovery week, focus on starting to build from the endurance training.

Prepare for the race! Last two weeks are spent tapering . . . that is decreasing the amount of time spent exercising and intensity of the exercise.

**My Action Plan:**

1. Focus on your swim stroke
2. Start hill riding
3. Tempo (constant speed) runs

# MARATHON/TRIATHLON STRENGTH TRAINING

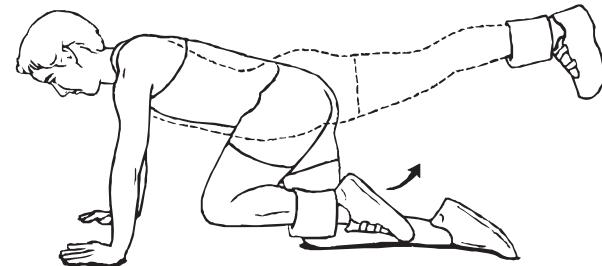
LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 30-60 seconds.

Do 2 sets.  
Complete 2-3 repetitions.



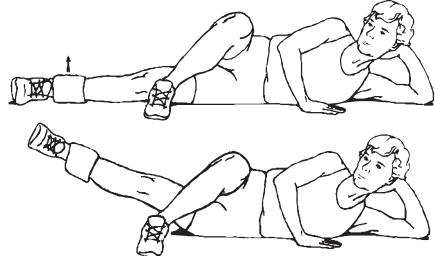
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 2-3 sets. Complete 10-15 repetitions.

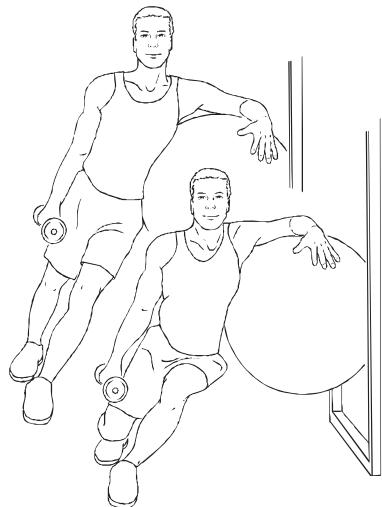
LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)



Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Can also be modified and done without ankle weights.  
Do 2-3 sets. Complete 10-15 repetitions.

LEGS - 5 Squat Supported: Lateral (Dumbbell)



Back straight, lean into ball. Bend at knee; do not allow knees past toes.  
Repeat on same side, legs switched. Repeat sequence on other side.

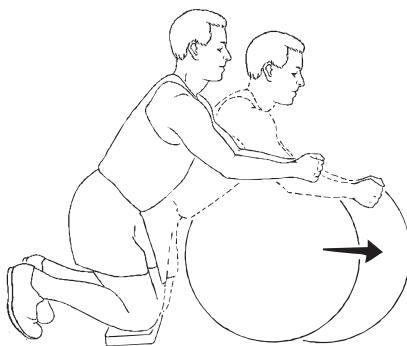
Do 2-3 sets.  
Complete 10-15 repetitions.

# MARATHON/TRIATHLON STRENGTH TRAINING

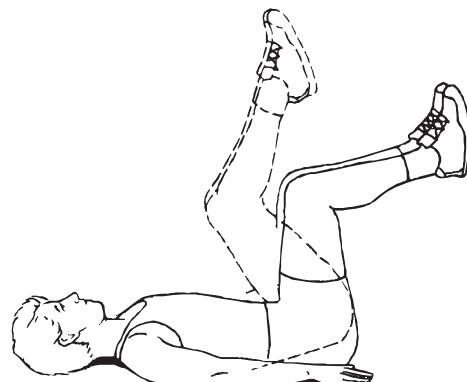
## ABS - 18 Ball Roll: Basic

With forearms on ball and back straight, begin to roll forward, progressively tensing abdominals. Caution: Do not hyperextend low back. Breathing out, roll back to start position.

Do 2-3 sets.  
Complete 10-15 repetitions.



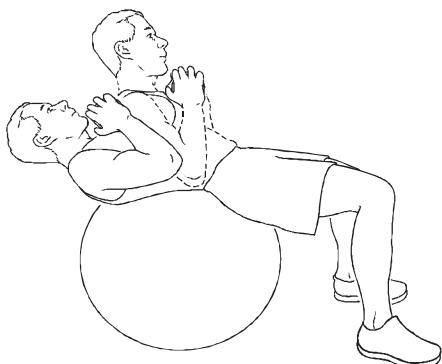
## ABS - 15 Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

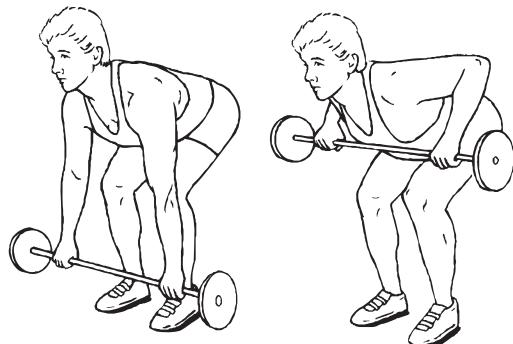
Do 2-3 sets. Complete 10-15 repetitions.

## ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2-3 sets. Complete 10-15 repetitions.

## BACK: LATS - 4 Row: Bent Over (Barbell)



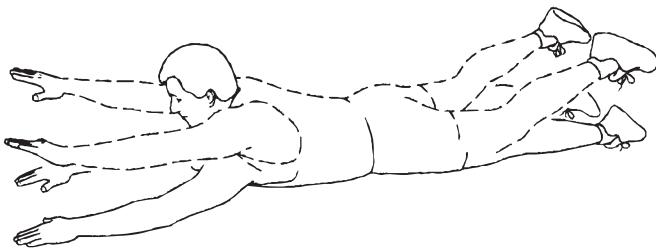
Lift barbell to chest, keeping back flat and knees bent.

If a bar is not available, use two dumbbells.

Do 2-3 sets. Complete 10-15 repetitions.

# MARATHON/TRIATHLON STRENGTH TRAINING

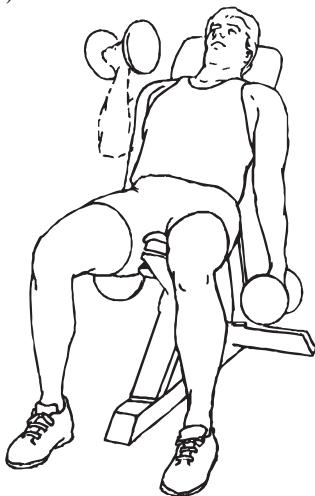
BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do 2-3 sets. Complete 10-15 repetitions.

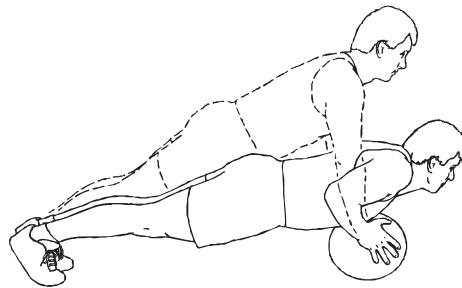
ARMS: BICEPS - 10 Curl: Sitting Incline, Alternating (Dumbbell)



Hold weights at sides, palms in. Curl arm toward shoulder, rotating to palm up while beginning curl. Alternate arms.

Do 2-3 sets.  
Complete 10-15 repetitions.

CHEST - 1 Push-Up: Incline (Medicine Ball)

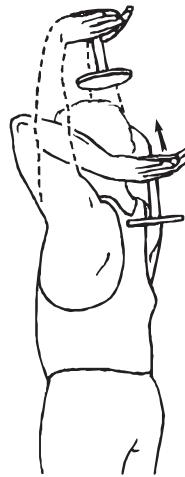


With chest one inch above ball, push up until arms are straight.

For beginners: modify by doing a standard pushup or modified pushup with knees down.

Do 2-3 sets. Complete 10-15 repetitions.

ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)

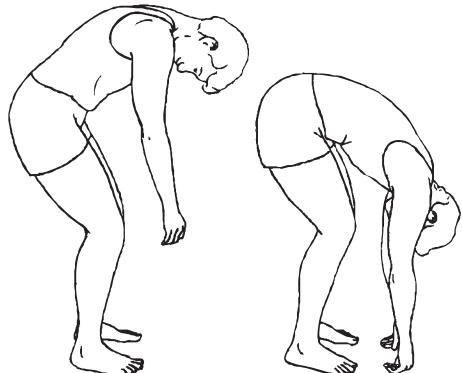


Knees slightly bent,  
straighten arms, keeping  
upper arms close to sides  
of head.

Do 2-3 sets.  
Complete 10-15 repetitions.

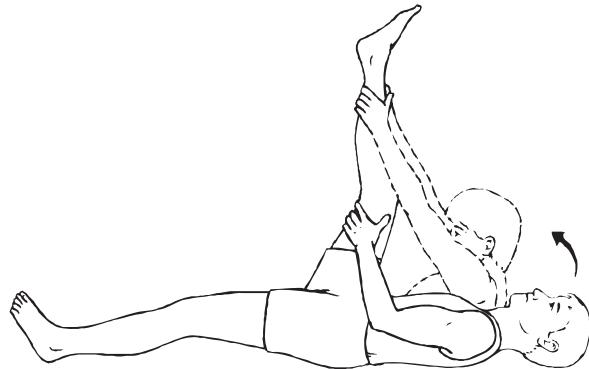
# STRETCHING EXERCISES

HAMSTRINGS - Forward Bend



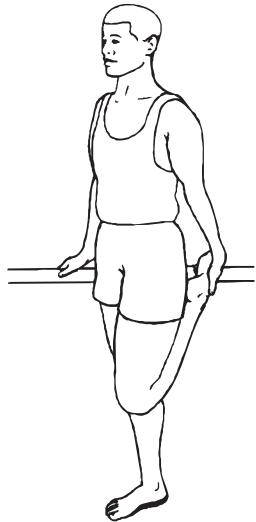
With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

HAMSTRINGS - Leg Raise



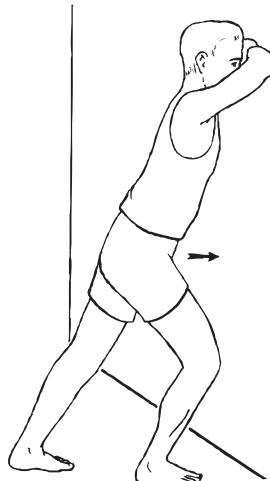
With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

UPPER LEG - Quadriceps



Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.

LOWER LEG - Achilles / Gastroc



With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.

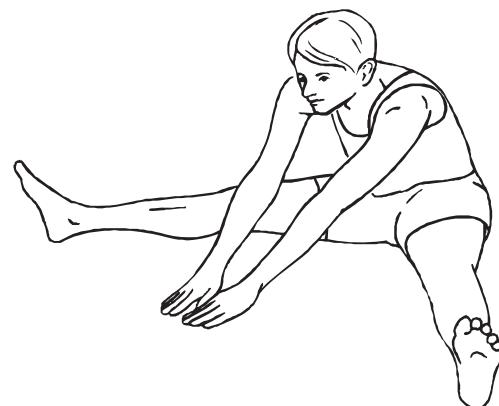
# STRETCHING EXERCISES

GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.

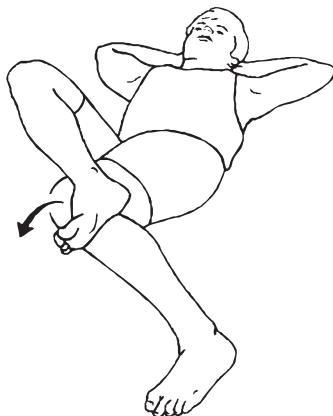


GROIN - Thigh Adductors



HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.



HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



# STRETCHING EXERCISES

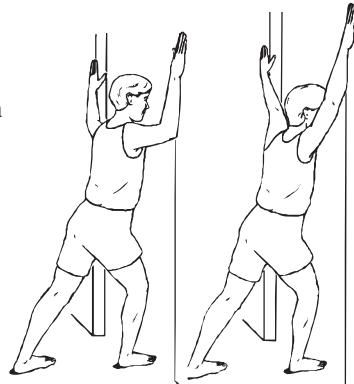
## ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

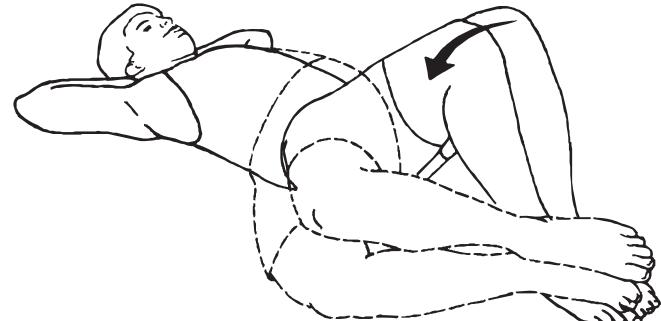


## CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

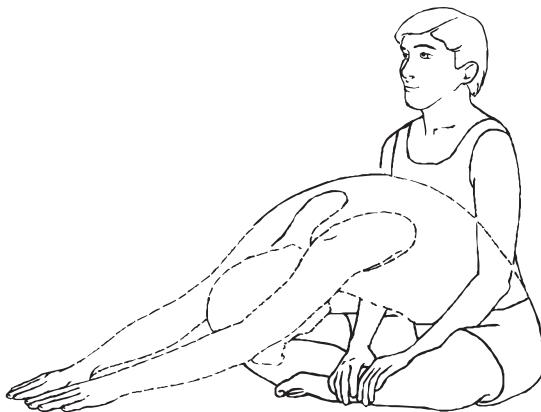


## LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

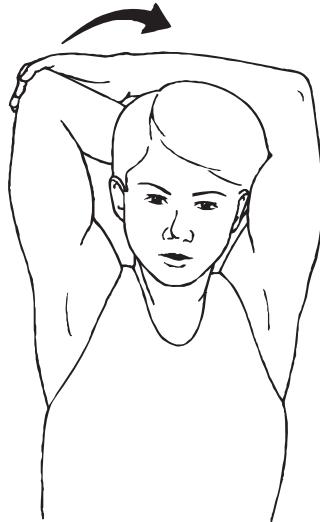
## LOWER BACK - Mid and Lower Extensors



With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

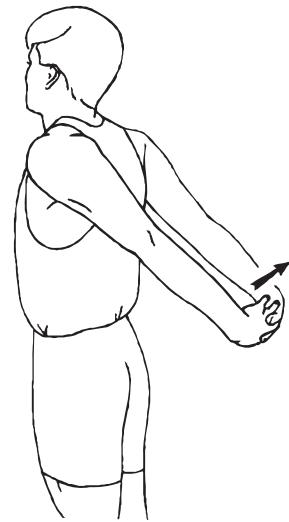
# STRETCHING EXERCISES

ARMS - Triceps



Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.

ARMS - Biceps



With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.

SHOULDERS - Rotator Cuff



Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.