



## NWA: Basic Triathlon Training

To be read in conjunction with:

**Athletics Programs:** Cross Country—Building Your Capacity; Four Runs; Four Week Program; Hamstring Ideas; Measuring Your Progression; Training Diaries; ....

**Swimming Programs:** NWA—Triathlon Swimming Sessions; NWA—Triathlon Swimming Progression; NWA—F-S Stroke Checklist; Swimming a Kilometre .. (among others)

Most young athletes will be involved in several sports and/or other activities; plan your week(s) ... fit in what you can; don't sacrifice your endeavours in areas of interest and enjoyment, BUT, make sure you use your time effectively. **There is time for almost everything if you plan** ... planning your time: a valuable life skill.

**Remember:** While there are transfer benefits from one training activity to another, from one sport to another (cross training) .. if swimming well was an (the) essential element of netball performance, then Leisel Jones would probably be among the world's best netballers.

Every activity has a benefit .. some more than others .. some more for some sports than other sports; BUT, one thing all training programs offer is the self-discipline of setting a goal and following a schedule that will enhance your endeavours to reach that goal.

### Starting Point:

**General Programs:** Keeping a Record of Your Training

1. Prepare a **Training Diary** (examples provided); keep a simple record of what you do, how you do, when you do it; **records are the measure of human progress** .. your "pb's" are a record of your progress.
2. **Plan your week:** in the early stages of your program — 2-3 swims per week; 1-3 cycles per week; 2-3 runs per week ... seek to maximise your application to tasks you do not find "easy".  
e.g. if you are a good runner, but a not-so-good swimmer .. be sure to attend to your swimming.
3. At least once a week, complete **tasks in association:**  
e.g. Swim ► Cycle; Cycle ► Run  
Start with simple tasks .. Progress patiently to more significant challenges;  
e.g. Swim 200m ► Run/Jog (1 km) .... Progress to — Swim 500m ► Run 3 km.

w/b = walk back;  
W-J back =  
walk-jog back

**Swims:** Consult: Swimming Programs—Triathlon Swimming Sessions

1. 200 ICS + 6 x 50 on 1:30 + 200 ICS
2. 500 ICS .. bilateral breathing
3. 300 ICS + 10 x 50 on 1:20 incl. 4 strokes *head up* + 300 ICS

Head Up ??? Why?

- Cycles:**
1. 25 Mins. ... "easy" spinning
  2. 40 Mins. Fartlek: Surges (secs.) 10—20—30—30—20—10
  3. 50 Mins. ... spinning .. surges

LSD, ICS, Fartlek, 80% ... ???  
ask if unsure

- Runs:**
1. 20 Mins. LSD
  2. 25 Mins. Fartlek: Surges (secs.) 10—20—10—20—10
  3. 40 Mins. LSD
  4. Hills: 3 x 120m + 2 x 150m + 3 x 120m (80%; w/b recovery)

### ALL Sessions

**Thorough  
warm-up**

**Regular fluid  
intake**

**Thorough  
Warm Down**

**Recovery  
is your most  
important  
session**

Seek specialist coaching advice in each area ... while your program should be planned co-ordinated by a Head Coach, most young triathletes should seek advice from specialists in each discipline.

e.g. A Swimming and Running coach, can be associated with a Cycling coach

And remember: you don't have to be a triathlete .. you may just wish to take on a Swim-Run Challenge

**CYCLING** requires care .. **never** assume other road users know what you are doing, or what you are about to do .. motorists are **not** conditioned to seeing bicycles; ride defensively at **all** times.

**Young triathletes .... Never ride or run alone**

Challenge yourself with variations: e.g.

#### Aquathon

1. Swim 300m ► Run 2km ► Swim 300m
  2. Swim 500m ► Run 5km ► Swim 500m
- the variations are unlimited



Train with care and patience  
but

***Nobody ever drowned in sweat***