

# 10-Week Schedule for a Novice Triathlete

The training schedule is a generic programme designed by Michelle to allow anyone who can swim 200m, Bike for 30 minutes and Run 15 minutes to progress their training to complete a Results Triathlon.

If you would like a programme designed for your specific requirements please contact Michelle on 07791 736 420 or [michelle@resultstriathlon.co.uk](mailto:michelle@resultstriathlon.co.uk)

If you haven't exercised for a few years or you have an injury it is important to get your Doctors approval before commencing your training.

## Week 1 Total hours: 2:45

<b>MON</b>	Warm-up: swim 150m (L1); Mixture of drills: 6 x 25m (R20); main set: swim 3 x 100m (L4, R30); cool down: swim 100m (L1)
<b>TUE</b>	Bike 30 mins (L4)
<b>WED</b>	Run 20 mins (L3)
<b>THU</b>	Warm-up: swim 150m (L1); Kicking drills 4 x 25m (R20); main set: swim 4 x 100m (L4, R30); cool down: swim 100m (L1)
<b>FRI</b>	Rest Day
<b>SAT</b>	Bike 40 mins (L4)
<b>SUN</b>	Run 20 mins (L3)

## Week 2 Total hours: 4

<b>MON</b>	Warm-up: swim 150m (L1); Bilateral Breathing Drills: 8 x 25m (R20); main set: swim 4 x 100m (L4, R30); cool down: swim 100m (L1)
<b>TUE</b>	Gym circuits session: strength and core workout, 60 mins
<b>WED</b>	Run 35 mins (L3)
<b>THU</b>	Warm-up: swim 100m (L1); Single Arm Drills 3 x 50m (R20); main set: swim 5 x 100m (L4, R30); cool down: swim 100m (L1)
<b>FRI</b>	Rest Day
<b>SAT</b>	Bike 50 mins (L4)
<b>SUN</b>	Run 30 mins (L3)

## Week 3 Total hours: 4:50

<b>MON</b>	Warm-up: swim 200m (L1); Front paddle drills: 4 x 50(R20); main set: swim 6 x 100m (L4, R30); cool down: swim 100m (L1)
<b>TUE</b>	Bike 50 mins (L4)
<b>WED</b>	Run 30 mins as hilly as you can (L6 up and down, L3 flats [recovery jog])
<b>THU</b>	Warm-up: swim 200m (L1); Bilateral Breathing drills 4 x 25m (R20); main set: swim 3 x 200m (L4, R30); cool down: swim 100m (L1)
<b>FRI</b>	Rest Day
<b>SAT</b>	Bike 50 mins (L4)
<b>SUN</b>	Run 40 mins (L3)



# 10-Week Schedule for a Novice Triathlete

## Week 4 Total hours: 4:30

**MON** Warm-up: swim 100m (L1); Kicking drills: 4 x 25m (R20);  
main set: swim 6 x 50m (L8, R45); cool down: swim 100m (L1)

**TUE** Gym circuits session: strength and core workout, 60 mins

**WED** Run 30 mins flat (20 mins L3, 10 mins L6)

**THU** Warm-up: swim 100m (L1); Single Arm drills 4 x 50m (R20);  
main set: swim 6 x 50m (L10, R45); cool down: swim 100m (L1)

**FRI** Rest Day

**SAT** Brick session: bike 40 mins (L4) then transition to run 10 mins (L4)

**SUN** Tech session: transition training - swim to bike

## Week 5 Total hours: 5

**MON** Warm-up: swim 200m (L1); Front paddle drills: 6 x 25m (R20);  
main set: swim 4 x 100m (L3, R15); cool down: swim 100m (L1)

**TUE** Bike 60 mins (L4)

**WED** Run 40 mins as hilly as you can (L6 up and down, L3 flats [recovery jog])

**THU** Warm-up: swim 200m (L1); Kicking drills 4 x 25m (R20);  
main set: swim 3 x 300m (L5, R30); cool down: swim 100m (L1)

**FRI** Rest Day

**SAT** Bike 60 mins (20 mins L4, then 6 x [2 mins L8, 1 min L2], 20 mins L3)

**SUN** Run 50 mins (L3)

## Week 6 Total hours: 5:15

**MON** Warm-up: swim 200m (L1); bilateral breathing drills: 4 x 50m (R20);  
main set: swim 6 x 100m (L3, R15); cool down: swim 100m (L1)

**TUE** Gym circuits session: strength and core workout, 60 mins

**WED** Run 50 mins flat (10 mins L3, then 4 x [4 mins L7, 3 mins L2], 10 mins L3)

**THU** Warm-up: swim 200m (L1); Single Arm drills 4 x 50m (R20);  
main set: swim 8 x 50m (L10, R45); cool down: swim 100m (L1)

**FRI** Rest Day

**SAT** Bike 60 mins (20 mins L4, then 6 x [2 mins L8, 1 min L2], 20 mins L3)

**SUN** Run 60 mins (L3 hilly)

## Week 7 Total hours: 5:30

**MON** Warm-up: swim 200m (L1); Front paddle drills: 4 x 25m (R20);  
main set: swim 8 x 100m (L3, R15); cool down: swim 100m (L1)

**TUE** Bike 60 mins (20 mins L4, 20 mins L6, 20 mins L4)

**WED** Run 60 mins as hilly as you can (L6 up and down, L3 flats [recovery jog])

**THU** Warm-up: swim 200m (L1); Single Arm drills 4 x 50m (R20);  
main set: swim 3 x 200m (L5, R30); cool down: swim 100m (L1)

**FRI** Rest Day

**SAT** Bike 60 mins (20 mins L4, then 10 x [1 min L9, 1 min L2], 20 mins L3)

**SUN** Run 45 mins (L3)



# 10-Week Schedule for a Novice Triathlete

**Week 8 Total hours: 4:45**

- MON** Warm-up: swim 200m (L1); Front paddle drills: 4 x 50m (R20); main set: swim 4 x 50m (L8, R30), 5 x 100m (L5, R20), 2 x 50m (L8, R30); cool down: swim 100m (L1)
- TUE** Bike 60 mins (20 mins L4, 20 mins L6, 20 mins L4)
- WED** Run 40 mins as hilly as you can (L6 up and down, L3 flats [recovery jog])
- THU** Warm-up: swim 200m (L1); Kicking drills 4 x 50m (R20); main set: swim 3 x 200m (L5, R30); cool down: swim 100m (L1)
- FRI** Rest Day
- SAT** Bike 60 mins (20 mins L4, then 10 x [1 min L9, 1 min L2], 20 mins L3)
- SUN** Run 45 mins (L3)

**Week 9 Total hours: 5**

- MON** Warm-up: swim 200m (L1); Single Arm drills: 3 x 50m (R20); main set: swim 3 x 50m (L8, R30), 4 x 100m (L5, R20), 3 x 50m (L8, R30); cool down: swim 100m (L1)
- TUE** Bike 60 mins (L4)
- WED** Run 40 mins flat (10 mins L3, then 10 x [1 min L9, 1 min L2], 10 mins L3)
- THU** Warm-up: swim 300m (L1); Fist drill 4 x 50m (L8, R20); main set: swim 1 x 400m (L6); recover, then Kicking drills 6 x 25m (R20). Cool down: swim 100m L1
- FRI** Rest Day
- SAT** Bike 60 mins (L4)
- SUN** Run 45 mins (L3 hilly) Aim to maintain speed and form going up the hills.

**Week 10 Total hours: 3 (and the race!)**

- MON** Warm-up: swim 200m (L1); Single Arm drills: 3 x 50m (R20); main set: swim 8 x 50m (L8, R45); cool down: swim 100m (L1)
- TUE** Bike 60 mins (20 mins L4, then 10 x (1 min L8, 1 min L2), 20 mins L3)
- WED** Run 30 mins (L3)
- THU** Warm-up: swim 100m; main set: swim 4 x 100m (L6, R30); cool down: swim 100m (L1)
- FRI** Rest Day
- SAT** Bike 20 mins (L3) then Run 10 mins (L3, including 3 - 4 sprints, 6 secs L8)
- SUN** **RACE**

