

TRIATHLON PROGRAMME GUIDELINES

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 Sprint Distance Triathlon. If you would like a programme designed for your specific requirements please contact Michelle on 07791 736 420 or michelle@resultstriathlon.co.uk

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

How much effort?

The effort or intensity level for the programme sessions ranges from 0-10, sessions are measured in minutes and rest periods in seconds (R30, for example, means a 30 second rest between reps).

- Level 1 (Easy) Active but 100 per cent aerobic - never out of breath. Focus is on technique rather than cardio output
- Level 2-3 (Steady) Bike/Run - able to talk (just). Good form throughout
- Level 4-6 (Tempo) Sub race pace / near threshold/sustainable
- Level 7-8 (Hard) Best possible speed while maintaining good form for the set distance/time. Above race pace
- Level 9-10 (Max) Absolute maximum effort available for set distance or time. Unable to do more than the specified effort

Swim Guidelines

In the Warm Up aim to swim a mixture of strokes to ensure your muscles will get a thorough warm up.

Technique - Aim to maintain a streamlined body position, focus on keeping your legs close to the surface, and to keep your arms moving smooth and powerfully.

The video clip on the coaching page of the website provides a fantastic idea for what you are aiming for.

Swimming is very technical and a lot of energy can be wasted due to bad technique. Michelle offers both Individual and Group Training Sessions.

The swim drills in the schedule are not specified, but here are a few favourites:

- Kick - swimming with one arm ahead of you and one arm to your side or holding a float, propel yourself for a length with only your kick. Focus on being horizontal in the water, maintaining a fast up and down kick from the hips.
- Fists - swim a length with your hands curled into fists - this will encourage the use of the forearm to catch water and help propulsion.
- Single Arm - Swim with one arm extended, kick your legs and use 1 arm to swim with. Aim to breathe every second stroke ensuring you pull to your thigh on every stroke.
- Bilateral Breathing - breathing every 3 or 5 strokes to maintain balance and good technique.



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- Frontpaddle – face in the water legs together, alternately stretch your arm forward under the surface and pull back to your shoulder.

In the Cool Down aim to include some Backcrawl to stretch out your chest muscles.

Bike Guidelines

Ensure your bike fits you as this can make cycling much more enjoyable and prevent any injuries.

All good bike shops will provide a Bikefit service.

Cycling shorts with padding can make the cycling experience more enjoyable – ladies' and men's shorts are different.

Always:

- Cycle wearing your Bike Helmet and adhere to the Highway Code.
- Take a drink with you.
- Ensure you have a spare inner tube, toolkit and pump.
- Ensure somebody knows where you are going.

Technique – aim to keep your cycling action smooth and your heels down. Try to keep your upper body relaxed with shoulders down.

Run Guidelines

- Ensure somebody knows where you are going.
- Wear a pair of appropriate shoes most Running Shops are able to give good advice.
- Wear breathable clothes so you do not overheat.
- Ladies wear a good Sports Bra.

Technique – aim to keep your upper body relaxed and arms moving forwards and backwards in a relaxed manner rather than across the body.

