



# YWCA WOMEN'S TRIATHLON BEGINNER 12-WEEK TRAINING PLAN

SPRINT AND SUPERSPRINT  
DISTANCE

Sprint: 500 yd. swim, 15.5 mi. bike, 5k (3.1 mi.) run/walk  
SuperSprint: 200 yd. swim, 7 mi. bike, 1 mi. run/walk

Self-coached training plan with balanced emphasis  
on swimming, biking and running.

Sunday, August 13, 2023  
Lake Nokomis, Minneapolis, MN

eliminating racism  
empowering women

**ywca**

Minneapolis

*DISCLAIMER: The information contained in this training plan is for educational and instructive purposes only and is not intended as prescriptive advice. All forms of exercise pose some inherent risks.*



## Hello Triathletes!

**Welcome to the 2023 YWCA Women's Triathlon! We are excited for this year's race!**

This training plan offers an introductory training schedule for beginning triathletes and includes a gradual mix of all three sports in three distinct phases. **Phase 1** will focus on frequency and developing the habit of training weekly. **Phase 2** will gradually build up to longer workouts to build endurance. **Phase 3** will include longer workouts and increased intensity. If you are training for the SuperSprint, we recommend building up to 60-75% of the plan (ex. if a workout calls for a 30-minute run, do a 20-minute run instead).

### A few tips before getting started:

1. Pay attention to your body's needs and adapt the plan to fit you.
2. Seek out guidance and coaching early in your training to focus on specific skills like swim stroke, open water swimming and bike handling.
3. Focus on form and technique early in your training – the longer you have to practice, the greater the impact.
4. Listen to your body and challenge yourself. Use the Rate of Perceived Exertion scale (RPE, found on page 3) for each workout to guide how hard you should be working.

If you need help or want a personalized training plan or ongoing coaching that considers your own strengths, weaknesses, goals, schedules and priorities, we have a number of personal trainers ready to help.

We hope you have a positive and fun training experience and are ready to have a great triathlon experience. Please do not hesitate to ask questions or be in touch. Enjoy training and see you on race day!

2023 YWCA Women's Tri Team  
[triathlon@ywcamppls.org](mailto:triathlon@ywcamppls.org)

eliminating racism  
empowering women

**ywca**

Minneapolis



YWCA Minneapolis



YWCA-Minneapolis



@YWCAMinneapolis



@ywcamppls



@ywcamppls

[ywcamppls.org/womenstri](https://ywcamppls.org/womenstri)

Show us your training selfies  
and use **#YWCAMenTri**

# TRAINING PLAN OUTLINE

## Plan Overview

- Understanding the Plan .....3
- The First Five Weeks: Routine .....4
- Training Plan — BLOCK 1 .....6-7
- The Second Four Weeks: Race-Specific Training .....8
- Training Plan — BLOCK 2 ..... 9-10
- The Final Three Weeks: Countdown ..... 11
- Training Plan — BLOCK 3 ..... 12-13



# 1) PLAN OVERVIEW

## —Understanding the Plan

### Ready?

It's worth the few minutes it takes to read the "Notes" at the bottom of each calendar page. You will find it helpful and less confusing if you understand the notations used throughout the plan.

**RPE:** The Rate of Perceived Exertion Scale is a simple tool to help you determine the intensity of your exercise. The scale is completely subjective to what your body can handle. The following numbers are a guideline for determining how hard you are working in a given workout. Each workout in the training plan has a suggested RPE.

RPE 1: Pace and breathing is easy and relaxed. You should easily be able to hold a conversation.

RPE 2: Pace and breathing rate increase slightly. Pace remains comfortable and conversation is still possible.

RPE 3: Pace is moderate and breathing becomes a bit labored. Conversation is possible, but becomes abbreviated.

RPE 4: Pace is fast and uncomfortably hard. Breathing is deep and labored.

RPE 5: Pace is challenging and very uncomfortable. Breathing is heavy and much labored.

### Get set.

Throughout the plan you will see optional YWCA classes listed in **orange**. These classes provide support and teach skills that are difficult to practice on your own. We have found that even seasoned triathletes benefit from learning new tricks, and everyone benefits from plugging checkpoints into their plan. These classes can help serve as those checkpoints.

#### Clinics and classes listed in the plan:

- **Tri Basics Talks (free)**
- **Tri Skills**
- **Mini Tri**
- **Open Water Swim Clinic**
- **Tri Swim Prep**

All classes require registration. For a listing of all classes visit [ywcamples.org/training](https://ywcamples.org/training)

### Go!



## —The First Five Weeks: ROUTINE AND ENDURANCE BUILDING

The plan has three training blocks (sometimes called mesocycles). Within each block, the training load increases progressively with a break or down week. This down week is very important and is included to ensure you are recovering from your training and fitness adaptations are taking hold. It's common to schedule a race or quality workout session at the end of down weeks.

### BLOCK 1—WEEKS 8-12: ROUTINE AND ENDURANCE BUILDING

#### Goals:

- 1) Establish a training routine and your feel for multi-sport training.
  - Consistency is key. Even if you don't think your workouts are impressive, they add up over time!
  - Aim for two workouts per week, per sport, that are spread evenly throughout the week.
  - Don't go so hard in a workout that you aren't able to come back the next day.
  - Consider a training partner or group to help keep you motivated.
- 2) Address basic needs such as swim lessons, bike fit, training gear, new running shoes, etc. This is the time to start getting comfortable with new gear you might want to use (e.g. wetsuits, clipless pedals), since wearing new gear takes practice but can add a lot of efficiency and speed.
- 3) Don't worry about bricks yet (see page 7 of Training Plan for information on bricks).
- 4) The intensity level for this phase should all be easy workouts. Keep your pace relaxed so you can carry on a conversation during the workout.
  - Alternate walk/run if necessary.
  - Use easier gears on the bike and spin (80-100 revolutions per minute)



#### TRI BASICS TALKS (Free!)

Get the foundational knowledge for training and participating in a triathlon. Sign up at [ywcampls.org/womenstri](http://ywcampls.org/womenstri). Join us at Lake Nokomis on the northwest side of the main beach and look for YWCA orange staff gear and flagging.

<b>Monday, April 10</b>	<b>6:00 - 7:00 PM Virtual (ZOOM) Only</b>
<b>Tuesday, May 9</b>	<b>6:00 - 7:00 PM</b>
<b>Wednesday, June 26</b>	<b>5:00 - 6:00 PM</b>
<b>Sunday, July 9</b>	<b>12:00 - 1:00 PM</b>
<b>Saturday, August 5</b>	<b>5:00 - 6:00 PM</b>



# 12-WEEK BEGINNER TRAINING PLAN

## NOTES:

**Bike** and **run/walk** numbers refer to **minutes**.

**Pool swim** numbers refer to **yards**.

**Lake swim** numbers refer to **minutes**.

What does easy continuous mean? For both swimming and running, try not to stop. Aim for an even effort you can maintain for the given duration. If you are more experienced you may do all freestyle swimming or all running. If you are less experienced it may mean mixing in other swimming strokes or mixing walking with jogging. As you progress through training you may find doing freestyle or jogging to be easier and do other strokes or walking less often.

## SWIM NOTATION:

Reps x distance with rest e.g. *6x50 sprint, 25 easy r:10 = swim 50 yards*

*(1 lap) as fast as you can, swim 25 yards (1 length) as easy as you can, rest 10 seconds and repeat until you've done 6 of them.*

*Rest only as much as needed before moving to the next part of the workout.*

**Swim workouts list minimal warm up.** We encourage you to build toward adding more warm up that includes **technique drills**.

We also encourage you to use the pace clocks not only to monitor your rest but also to track your speed in relation to effort.

# YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>PREP WEEK</b>  <b>MAY 15</b>	<p><b>Bike Prep Questions:</b></p> <p><b>Need a tune-up?</b> Love your bike and it will love you back! If you need a tune-up, we recommend Gear West.</p> <p><b>Where to bike?</b> Check out the YWCA Endurance Facebook group to post and find training rides and runs: <a href="https://www.facebook.com/groups/YWCAmplsES">facebook.com/groups/YWCAmplsES</a></p>	<p><b>Swim Prep Questions:</b></p> <p><b>Do you have a swim suit, cap and goggles?</b></p> <p><b>Where and when can you swim?</b> Check YWCA pool schedules online: <a href="https://www.ywcampls.org/swimming">ywcampls.org/swimming</a></p>	<p><b>Run/Walk Prep Questions:</b></p> <p><b>Do you have a good pair of run/walk shoes that have been purchased in the last year?</b> Elastic laces are an inexpensive purchase that will make your life (and transitions) easier. We recommend Gear West for help selecting shoes and gait analysis.</p>	<p><b>TRI SWIM PREP</b> classes start this week at YWCA Uptown on Tuesday and Thursday evenings.</p> <p><b>To register call: 612-874-7131 or visit, <a href="https://www.ywcampls.org/training">ywcampls.org/training</a></b></p>	<p><b>Mobility Prep Question:</b></p> <p><b>Do you have a 3-5 minute strength/stretching routine to do 3-5x/wk to help prevent injuries?</b></p>		<p><b>Mental Prep Questions:</b></p> <p><b>What are your goals for the race and the 12 weeks of training ahead?</b></p> <p><b>What does your schedule look like?</b> Our plan is a suggestion for training — feel free to organize the workouts according to your schedule.</p>	<p><b>Difference between training clothing and racing clothing:</b> Training clothing and swim suits are designed to last through months or even years of training and are designed to be most comfortable when used in the individual sport for which they are intended. This often makes it uncomfortable and difficult to race in. Triathlon racing kits (tops and bottoms or one-pieces) are designed to make for smooth, fuss-free transitions on race day. They are effective and comfortable going from soaking wet to on the bike, and then supportive on the run. Start planning and testing clothing now.</p>
<b>WEEK 12</b>  <b>MAY 22</b>  <b>START OF WEEK ONE</b>	<p><b>Which of the tri sports do you look forward to most?</b></p> <p>Get your training started with <b>15 minutes</b> of your favorite activity.</p> <p>Remember to stretch after!</p>	<p><b>Run/Walk:</b> 5 min. warm up (RPE 1) 3x-1 min. (RPE 3), 2 min. (RPE 1) 5 min. cool down (RPE 1)</p>	<p><b>Rest Day</b></p> <p>Are you getting tired? This is a good time to think about lessons early in your training plan so you can prepare for your season. Learn to perfect your stroke with confidence!</p>	<p><b>Swim:</b> 50 warm up 4x25 easy :15 sec. rest between 25's 2x50 continuous 50 cool down (300 yards)</p>	<p><b>Rest Day</b></p> <p>Recovery is just as important as your training to help your body heal for the weeks ahead. Go for a walk with friends, take a yoga class, do some light stretching or take a nap. How do you recover?</p>	<p><b>Bike:</b> 30 min. (RPE 1-2)</p>	<p><b>Rest Day</b></p> <p>Take time to foam roll your muscles for a more active recovery. If you are not sure how, YWCA offers classes on how to foam roll.</p>	<p><b>Swim:</b> 1x (300) = 300 yards <b>Bike:</b> 1x (30) = 30 minutes <b>Run/Walk:</b> 1x (20) = 20 minutes <b>Choice of Sport:</b> 1x (15) = 15 minutes</p> <p><b>Running Intervals:</b> What does 3x1 faster, 2 easy mean? 1 min. faster than warm-up pace, 2 min. slower to recover your breath. Repeat 3 times for 9 min. total after the warm-up.</p>
<b>WEEK 11</b>  <b>MAY 29</b>  <b>BUILD</b>	<p><b>Memorial Day</b></p> <p>Be active, enjoy your fitness. Have a great holiday.</p>	<p><b>Swim:</b> 50 yards warm up 4x25 easy :15 sec. rest between 25's 2x75: 30 rest between 75's 2x50: 15 rest between 50's 4x25 easy: 15 rest between 25's</p>	<p><b>Bike:</b> 20 min. (RPE 1-2)</p>	<p><b>Run/Walk:</b> 10 min. warm up (RPE 1) 4x-1:30 min. (RPE 3), 2 min. (RPE 1)</p>	<p><b>Rest Day</b></p>	<p><b>Bike:</b> 15 min. warm up (RPE 1-2) 10x-1 min. (RPE 3) with a cadence of 90-100 RPM/spinning fast, 1 min. (RPE 1) 10 min. cool down (RPE 1-2)</p>	<p><b>Run/Walk:</b> 25 min. (RPE 1-2)</p>	<p><b>Swim:</b> 1x (500) = 500 yards <b>Bike:</b> 2x (20+45) = 1:05 <b>Run/Walk:</b> 2x (24+25) = 49 minutes</p> <p><b>Run tip:</b> Keep your hands and shoulders relaxed and in control. If you are starting to focus on how hard it feels, relax your pace, face, hands, shoulders, etc.</p>

# YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 10</b>  <b>JUNE 5</b>  <b>BUILD</b>	<b>Rest Day</b>	<b>Swim:</b> 50 warm up 2x50 :15 sec. rest 100 :30 sec. rest 2x50 :15 sec. rest 2x75 :15 sec. rest 100 easy	<b>Bike:</b> 30 min. (RPE 2) Find a route with some hills and work on shifting.	<b>Run/Walk:</b> 10 min. warm up (RPE 1) 4x-2 min. (RPE 3), 2 min. (RPE 1)  <b>Run Tip:</b> Do not overstride. Focus on quick small steps. Your foot should land under your hips, not in front of you.	<b>Rest Day</b>	<b>Bike:</b> 15 min. warm up (RPE 1-2) 4x-2 min. (RPE 4), 3 min. (RPE 1) 15 min. cool down (RPE 1-2)	<b>Run/Walk:</b> 30 min. (RPE 2)  <b>Swim:</b> 10 min. continuous swimming without touching the bottom or walls.	<b>Swim:</b> 1x (600) = 600 yards plus 10 minutes continuous <b>Bike:</b> 2x (30+50) = 1:20 <b>Run/Walk:</b> 2x (26+30) = 56 minutes  Swimming in a pool is easier because you touch the bottom and the walls to turn around at each end. To prepare to swim in open water (lakes), practice turning without touching. If swimming is your most challenging sport, consider signing up for individual or group swim lessons to help you early in the training.
<b>WEEK 9</b>  <b>JUNE 12</b>  <b>BUILD</b>  <i>Cumulative fatigue from increased active time is good and normal. Listen to your body, and don't overdo it.</i>	<b>Bike:</b> 10 min. (RPE 1-2) 10 min. (RPE 3) 10 min. (RPE 1-2)	<b>Swim:</b> 50 warm-up 4x50:10 sec. rest each 50 100 easy 4x50:10 sec. rest each 50 100 easy 50 cool down	<b>Rest Day</b>	<b>Run/Walk:</b> 10 min. warm-up (RPE 1) 4x-1 min. (RPE 3-4), 2 min. (RPE 1) 5 min. cool down (RPE 1)	<b>Rest Day</b>	<b>Bike:</b> 60 min. (RPE 1-2) Work on bike handling (ride one-handed, turn to look over your shoulders, switch gears and work up, get your water bottle in and out).	<b>Run/Walk:</b> 35 min. continuous (RPE 1)  <b>Swim:</b> 15 min. easy continuous in open water (if possible!) or in a pool without stopping while practicing sighting.  <b>Open Water Swim Class</b> <b>1:00-3:00 PM</b> <b>Nokomis Beach</b>	<b>Swim:</b> 2x (700) + 15 minutes of lake swimming <b>Bike:</b> 2x (30+1:00) = 1:30 <b>Run/Walk:</b> 2x (27+35) = 1:02  <b>Pool vs. Open Water Swimming:</b> Both are an important part of training. Pool swimming helps you focus on fundamental technique in a comfortable, controlled environment. Lake swimming is critical to practice before race day. It requires additional swim skills and presents different challenges.
<b>WEEK 8</b>  <b>JUNE 19</b>  <b>BUILD +</b>	<b>Bike:</b> 10 min. (RPE 1-2) 10 min. (RPE 3, some 4 mixed in) 10 min. (RPE 1-2)	<b>Rest Day</b>	<b>Swim:</b> 50 warm-up 6x100: 15 sec. rest each 50 cool down	<b>Run/Walk:</b> 10 min. warm-up (RPE 1) 4x-1:30 min. (RPE 3-4), 1:30 min. (RPE 1) 5 min. cool down (RPE 1)	<b>Rest Day</b>  Remember to stretch!  Pay attention to your body and identify any potential injuries before they affect your training.	<b>Bike:</b> 15 min. warm-up (RPE 1-2) 5 min. (RPE 3) 10 min. (RPE 1-2) 5 min. (RPE 3-4) 15 min. cool down (RPE 1-2)  <b>Open Water Swim Class</b> <b>1:00-3:00 PM</b> <b>Nokomis Beach</b>	<b>Run/Walk:</b> 40 min. continuous (RPE 1)  <b>Swim:</b> 15 min. easy continuous in open water.	<b>Swim:</b> 2x (700+15 minutes) <b>Bike:</b> 2x (30+1:00) = 1:30 <b>Run/Walk:</b> 2x (30+40) = 1:07  <b>Bike tips:</b> Learn the race route early and you can practice biking on it throughout the summer.  Learn how to prevent and fix a flat tire. Keeping your tires fully inflated (pump them once a week) prevents flats and makes you faster.



## —The Second Four Weeks: RACE-SPECIFIC TRAINING

### BLOCK 2—WEEKS 4-7: Recovery Week and Race-Specific Training Weeks

#### Goals:

- 1) In general, you should now be able (or close!) to completing each sport's distance, i.e. separately swim 500 yards, bike 15.5 miles and run 3.1 miles (5 kilometers). If you are not quite there for one of them, be sure to make that sport a higher priority during this block. The tendency is often to neglect the area of weakness. Resist that urge and focus more on that sport.
- 2) Notice where the plan includes longer endurance building workouts and continue increasing the long day in each sport, particularly biking and running. Biking is often overlooked but is the longest portion of the race.
- 3) Add some race specificity or goal paces:
  - Bricks, i.e. swim/bike, bike/run sessions
  - Some hills, strides and accelerations (see plan)
- 4) Build your training load to your peak in the last week of this cycle or the first week of the next cycle.



#### CAUTION:

This might be the phase where you are most likely to overdo it. First, the workouts get a little more demanding. Second, the race is getting close enough that many athletes make the mistake of thinking they can cram in extra workouts. Don't panic and try to make up workouts if you miss one. It is better to err on the side of undertraining than overtraining.



#### KEY REMINDERS:

- 1) Check out the recovery tips in the appendix (page 12 of the Training Plan).
- 2) Don't neglect the rest of your life. Integrating workouts into your daily life and routine is key.



# YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 7</b>  <b>JUNE 26</b>  <b>RECOVERY WEEK</b>	<p><b>Rest Day</b></p> <p>Rest is important to training. Your body will respond better and you'll avoid injury and illness.</p>	<p><b>Run/Walk:</b> 20 min. continuous (RPE 1)</p> <p>Try a new route — maybe even find a hill for more resistance!</p> <p><b>TRI SWIM PREP classes start this week at YWCA Uptown on Tuesday and Thursday evenings.</b></p> <p><b>To register call: 612-874-7131 or visit, <a href="http://ywcampsl.org/training">ywcampsl.org/training</a></b></p>	<p><b>Open Water Swim Class</b> <b>5:00-7:00 PM</b> <b>Nokomis Beach</b></p> <p><b>Tri Basics Talk</b> <b>5:00-6:00 PM</b> <b>Nokomis Beach</b> <b>FREE</b></p> <p><b>Mini Tri</b> <b>6:00-7:00 PM</b> <b>Nokomis Beach</b></p>	<p><b>Bike:</b> 30 min. (RPE 1-2)</p>	<p><b>Rest Day</b></p>	<p><b>Run/Walk:</b> 20 min. continuous (RPE 1) Try the same route or hill again and see if it feels easier.</p>	<p><b>Swim:</b> Open water 2x 10 min. easy continuous. Rest as much as needed between the 10 min. intervals</p>	<p><b>Swim:</b> 1x 20 minutes <b>Bike:</b> 1x 30 minutes <b>Run/Walk:</b> 2x (20+20) = 40 minutes</p> <p><b>Open water swim tip:</b> Try different tints of goggle lenses. Clear lenses are nice indoors, but metallic or dark goggles can help cut glare and make sighting the shore easier.</p> <p><b>Hill running:</b> Hills build running strength. Lift your knees high and pump your arms on the ascent. When descending, allow yourself to speed down the hill. Stopping decreases your momentum and can be hard on your knees.</p>
<b>WEEK 6</b>  <b>JULY 3</b>  <b>RACE-SPECIFIC</b>	<p><b>Independence Day</b></p> <p>Be active; enjoy your fitness. Have a great holiday!</p>	<p><b>Swim:</b> 50 warm-up 6x100:10 sec. rest each 200 cool down</p> <p><b>Bike:</b> 10 min. warm-up (RPE 1-2) 3 min. (RPE 3) 2 min. (RPE 1) 2 min. (RPE 4) 3 min. (RPE 1) 1 min. (RPE 5) 4 min. (RPE 1) 5 min cool down (RPE 1-2)</p>	<p><b>Rest Day</b></p> <p><b>Open Water Swim Class</b> <b>5:00 - 7:00 PM</b> <b>Nokomis Beach</b></p>	<p><b>Run/Walk:</b> 10 min. warm-up (RPE 1) Hill repeats 4x-sprint up hill RPE 4/5, recover by walking back down the hill 5 min. cool down (RPE 1)</p>	<p><b>Rest Day</b></p>	<p><b>BRICK</b></p> <p><b>Bike:</b> 60 min. (RPE 1-2) Focus on handling skills.</p> <p><b>Run/Walk:</b> 10 min. (RPE 1-2) Finish with 3-5 accelerations (RPE 4-5), each lasting 10-15 seconds.</p>	<p><b>BRICK</b></p> <p><b>Swim:</b> 20 min. open water</p> <p><b>Run/Walk:</b> 40 min. continuous (RPE 1-2)</p> <p><b>Tri Basics Talk</b> <b>12:00-1:00 PM</b> <b>Nokomis Beach</b> <b>FREE</b></p> <p><b>Mini Tri</b> <b>1:00-2:00 PM</b> <b>Nokomis Beach</b></p>	<p><b>Swim:</b> 2x (825y+20 min) <b>Bike:</b> 2x (30+60) = 1:30 <b>Run/Walk:</b> 3x (15+5+40) = 1:00</p> <p><b>Bike-to-run transition (T2) tip:</b> During the last part of biking, prepare your legs for impact. Engage your feet and ankles. Pedal while standing out of the saddle. When you start to run, go slow and take small light steps.</p>

## YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 5</b>  <b>JULY 10</b>  <b>RACE-SPECIFIC</b>	<b>Rest Day</b>	<b>Bike:</b> 15 min. warm-up (RPE 1-2) 4x-Hill repeats - bike uphill (RPE 4/5), recover by riding easy back to the start of the hill 10 min. cool down (RPE 1)	<b>Swim:</b> 200 easy continuous 3x 50 sprint, 25 easy rest :30 sec. between 50s 200 easy continuous	<b>Run/Walk:</b> 45 min. (RPE 1-2) Finish with 3-5 accelerations in the last 10 minutes	<b>Rest Day</b>	<b>BRICK</b> Complete 3x through  <b>Bike:</b> 20 min. (RPE 1-2)  <b>Run/Walk:</b> 10 min. (RPE 1) off the bike	<b>Swim:</b> 3x-10 min. open water with 2-5 min. rest between  <b>Open Water Swim Class</b> <b>1:00 - 3:00 PM</b> <b>Nokomis Beach</b>	<b>Swim:</b> 2x (625y+30 minutes) <b>Bike:</b> 2x (30+60) = 1:30 <b>Run/Walk:</b> 2x (45+30) = 1:15  <b>Remember to practice your nutrition strategies.</b> What can you eat before long workouts? How can you fuel throughout workouts? Make sure you are including both calories and hydration.
<b>WEEK 4</b>  <b>JULY 17</b>  <b>RACE-SPECIFIC</b>	<b>Bike:</b> 15 min. warm-up (RPE 1-2) 6x-Hill repeats - bike uphill (RPE 4/5), recover by riding easy back to the start of the hill 10 min. cool down (RPE 1)	<b>Swim:</b> 200 easy continuous 6x 50 sprint, 25 easy rest :30 sec. between 50s 100 easy continuous	<b>Mix it up!</b> Continue your training with <b>30 minutes</b> of your favorite activity.  Remember to stretch after!  <b>Open Water Swim Class</b> <b>5:00 - 7:00 PM</b> <b>Nokomis Beach</b>	<b>Run/Walk:</b> 25 min. (RPE 1-2)	<b>Rest Day</b>	<b>BRICK</b>  <b>Bike:</b> 15 min. warm-up (RPE 1) 50 min. (RPE 2-3) Find a steady pace and try to hold it the entire time.  <b>Run/Walk:</b> 10 min. (RPE 1-2) Finish with 3-5 accelerations	<b>BRICK</b> All three sports back-to-back! Finish with a long run.  <b>Swim:</b> 10 min. open water  <b>Bike:</b> 15 min. (RPE 2-3)  <b>Run/Walk:</b> 45 min. (RPE 1-2)  <b>Tri Skills</b> <b>12:00-3:00 PM</b> <b>Nokomis Beach</b>  <b>Mini Tri</b> <b>3:00-4:00 PM</b> <b>Nokomis Beach</b>	<b>Swim:</b> 2x (625y + 10 minutes) <b>Bike:</b> 3x (40+1:05+15) = 2:00 <b>Run/Walk:</b> 3x (25+10+45) = 1:20  Practice eating and drinking while biking. It's the longest portion of the race and your best opportunity to take in fuel.

## —The Final Three Weeks: COUNTDOWN

### BLOCK 3—WEEKS 1-3: COUNTDOWN

#### Goals:

- 1) Build your training load to your peak in the last week of the previous cycle or the first week of this cycle.
- 2) Ensure recovery by starting to back off in week 2 and tapering further in week 1.
- 3) Focus on race-specific training.
- 4) Organize your gear well before race day and get your bike tuned up. Create a race checklist (see example in the appendix).
- 5) Back off any strength, conditioning or cross training you may have been doing, but continue what you've been doing to remain injury free.
- 6) Pay attention to your rest days. Do you feel stronger when you rest completely the day before? Or, if you rest completely two days before, do something easy the day before your workout to get loose. This is highly individual. Use this knowledge to plan your pre-race rest schedule.
- 7) Avoid scheduling any long workouts, especially long runs or your longest workouts of the season for any sports, at least 7-10 days out from race day.



#### THE TAPER (THE FINAL WEEK):

At this point, your diligent training is in the bank. You will not reap much, if any, benefit from additional, heavier training. In fact, too much training too close to race day is more likely to adversely affect your race. Rest is the main focus of the taper. You will not lose your triathlon fitness during this short phase. Trust that the overall reduced level of training will result in getting to the finish line feeling fresher and stronger.



## YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 3</b>  <b>JULY 24</b>  <b>RACE-SPECIFIC</b>  <i>Last hard week!</i>	<b>Rest Day</b>	<b>BRICK</b>  <b>Bike:</b> 30 min. (RPE 2) Hit the same route you started with in week 10.  <b>Run:</b> 20 min. (RPE 1-3 progression) Start easy and gradually build, increasing an RPE level every 7 minutes.	<b>Swim:</b> 50 easy 300 easy continuous 6x 50 sprint, 25 easy : 15 sec. rest each 50 200 easy continuous  <b>Mini Tri</b> <b>5:00-6:00 PM</b> <b>Nokomis Beach</b>  <b>Mini Tri</b> <b>6:00-7:00 PM</b> <b>Nokomis Beach</b>	<b>Run/Walk:</b> 45 min. (RPE 1-2) Finish with 3-5 accels.	<b>Rest Day</b>	<b>Bike:</b> 15 min. warm up (RPE 1-2) 40-60 min. (RPE 2-3) steady 15 min. cool down (RPE 1-2)  <b>Open Water Swim Class</b> <b>5:00 - 7:00 PM</b> <b>Nokomis Beach</b>	<b>Swim:</b> 20 min. <b>Bike:</b> 30 min. (RPE 1) <b>Run:</b> 15 min. (RPE 1) <b>Bike:</b> 15 min. (RPE 2) <b>Run:</b> 10 min. (RPE 2) <b>Bike:</b> 10 min. (RPE 3) <b>Run:</b> 5 min. (RPE 3)	<b>Swim:</b> 2x (975y+20 minutes) <b>Bike:</b> 3x (30+1:10+55) = 2:35 <b>Run:</b> 3x (20+45+25) = 1:30  This week should be challenging – but it's better to be slightly undertrained than injured. Listen to your body.  Use the Brick Repeat workout to practice the T2 transition.
<b>WEEK 2</b>  <b>JULY 31</b>  <b>START TAPER &amp; RACE PREP</b>	<b>Rest Day</b>	<b>Swim:</b> 30 min. - your choice pool or lake.	<b>Run/Walk:</b> 20 min. (RPE 1) Finish with 3-5 accelerations  <b>Open Water Swim Class</b> <b>5:00 - 7:00 PM</b> <b>Nokomis Beach</b>	<b>Rest Day</b>	<b>Run/Walk:</b> 25 min. (RPE 1-2) Finish with 3-5 accels.	<b>Bike:</b> 60 min. (RPE 2-3) Try to ride some/all of the race course if possible.  <b>Swim:</b> 30 min. of your choice, pool or lake  <b>Tri Basics Talk</b> <b>12:00-1:00 PM</b> <b>Nokomis Beach</b> <b>FREE</b>  <b>Mini Tri</b> <b>1:00-2:00 PM</b> <b>Nokomis Beach</b>  <b>Mini Tri</b> <b>2:00-3:00 PM</b> <b>Nokomis Beach</b>  <b>Mini Tri</b> <b>3:00-4:00 PM</b> <b>Nokomis Beach</b>	<b>Recovery Time!</b> Continue to train with your favorite recovery activity.  Get outside and stay active!  <b>Open Water Swim Class</b> <b>1:00 - 3:00 PM</b> <b>Nokomis Beach</b>	<b>Swim:</b> 2x (30+30) = 60 <b>Bike:</b> 1x 45-1:00 <b>Run:</b> 2x (20+25) = 45  Do not try to make up past workouts. You will only increase fatigue and decrease your energy and enjoyment for race day.  Remember to check that your bike and gear are still in good condition. Plan for weather, travel, diet, race bag and packet pick-up.

## YWCA MINNEAPOLIS WOMEN'S TRIATHLON: 12-WEEK BEGINNER TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 1</b>  <b>AUG. 7</b>  <b>RACE WEEK TAPER!</b>	<b>Rest Day</b>	<b>Run/Walk:</b> 20 min. (RPE 1) Finish with 3-6 accels. <b>Swim:</b> 20 min. Pool or lake – whichever will give you more confidence.	<b>Bike:</b> 30 min. (RPE 1-2)  <b>Open Water Swim Clinic</b> <b>5:00 - 7:00 PM</b> <b>Nokomis Beach</b>	<b>Rest day</b>  Take at least two days off activity before the tri. You want to feel rested and energized but not stale.	20 min. of your choice activity	<b>Rest Day</b> OR 20 minutes of any one portion.  <b>Packet pick-up:</b> <b>10:00 AM - 4:00 PM</b> <b>5001 Nokomis Parkway</b>	<b>YWCA Women's Triathlon</b>	<b>Race Week Taper</b> Take it easy this week — you've worked hard for three months. Check the weather, pack your gear and plan your weekend for packet pick-up and last-minute gear safety checks. Make sure to start hydrating early in the week and eat foods that make you feel energized.
<b>RE-COVERY WEEK</b>  <b>AUG. 14</b>	<b>Get a good night's sleep and stretch!</b>	<b>Get a massage</b>	<b>Light activity</b> Easy Swim or Spin	<b>Rest day</b>	<b>Easy Walk</b>	<b>Easy Walk</b>		<b>Recovery Week</b> Congratulations! You're a triathlete! Celebrate your accomplishments and treat yourself to an easy rest week full of stretching, sleep and light activity. Start planning your 2024 race season now!