



# WOMEN'S TRIATHLON



## YWCA WOMEN'S TRIATHLON 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 11, 2019  
Lake Nokomis, Minneapolis, MN

**eliminating racism  
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# 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 2019 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. 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 USA Triathlon Certified Coaches 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!

The 2019 YWCA Women's Tri Training Plan Team



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

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## 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 that are 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 still 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 Skills Workshop
- T2: Bike-to-Run Brick Workout
- Mini-Tri Event
- Open Water Swim Clinic
- Bike Course Preview

All classes require registration. For a listing of all classes visit [ywcamppls.org/training](http://ywcamppls.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

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#### Goals:

- 1) Establish a training routine and your feel for multi-sport training.
    - Consistency is your biggest friend, even if you don't think your workouts sound very impressive, they will add up over time!
    - Aim for 2 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 new gear takes practice but can add a lot of efficiency and speed.
  - 3) Don't worry about bricks yet (see page 18 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 CLINICS (Free!)

Get the foundational knowledge for training and participating in a triathlon.

Tues. April 16, 7:00 pm at Endurance House	Sat. April 27, 11:00 am - 12:15 pm at REI in Bloomington	Tues. May 14, 6:30 - 7:45 pm at REI in Bloomington
Wed. April 24, 6:30 - 7:45 pm at REI in Bloomington	Tues. April 30, 7:30 pm at Gear West	

**Meet other Triathletes! TRI SOCIAL:** Wed. May 8, 6:00 - 8:00 pm at Urban Growler



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>PREP WEEK</b> MAY 13	<p><b>Bike Prep Questions:</b></p> <p><b>Does your bike need a tune-up?</b> Love your bike and it will love you back! If you haven't gotten a tune-up, we recommend Gear West, Endurance House and velofix.</p> <p><b>Where can you bike?</b> Check out the YWCA Endurance Facebook group to post and find training rides and runs.  <i>facebook.com/groups/YWCAmplsES</i></p>	<p><b>Tri Basics Clinic 6:30 PM REI Bloomington FREE</b></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 pool schedules.  YWCA pool schedules online: <i>ywcamples.org/schedules</i></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 our partners RunNFun, Gear West and Endurance House for help selecting shoes and gait analysis.</p>		<p><b>Mobility Prep Questions:</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>Consider the difference between training clothing and racing clothing.</b></p> <p>Training clothing and swim suits are designed to last through months or even years of training. They 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>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 12</b> MAY 20 START OF WEEK ONE	<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 afterward!</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><b>Swim:</b> 50 warm up 100 easy continuous 4x25 faster r:30 100 cool down</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.</p> <p>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><b>Swim:</b> 1x (550) = 550 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>

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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 track your speed in relation to effort.



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 11</b> MAY 27 BUILD	<b>Memorial Day</b> Be active, enjoy your fitness. Have a great holiday.	<b>Swim:</b> 50 warm up 4x75 build (1st length easy, build to fast) r:1 min. 200 easy continuous 2x25 faster r:30 50 cool down	<b>Bike:</b> 20 min. (RPE 1-2)	<b>Run/Walk:</b> 10 min. warm up (RPE 1) 4x-1:30 min. (RPE 3), 2 min. (RPE 1)	<b>Rest Day</b>	<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)	<b>Run/Walk:</b> 25 min. (RPE 1-2)	<b>Swim:</b> 1x (650) = 650 yards <b>Bike:</b> 2x (20+45) = 1:05 <b>Run:</b> 2x (24+25) = 49 minutes  <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.
<b>WEEK 10</b> JUNE 3 BUILD	<b>Rest Day</b>	<b>Swim:</b> 50 warm up 4x75 Build (1st length easy, build to fast) r:1 min. 200 easy continuous 4x25 faster r:30 100 cool down	<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> 50 warm up 2x 200 easy continuous without touching the bottom or walls. Rest 1:00 between 200s  <b>Mini Tri</b> <b>8:00 - 9:00 am</b>  <b>Tri Basics Clinic</b> <b>9:30 - 11:00 am</b>	<b>Swim:</b> 2x (750+450) = 1,200 yards <b>Bike:</b> 2x (30+50) = 1:20 <b>Run:</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 develop your technique early in the training plan.

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<b>WEEK 9</b> <b>JUNE 10</b> <b>BUILD</b>	<b>Bike:</b> 10 min. (RPE 1-2) 10 min. (RPE 3) 10 min. (RPE 1-2)	<b>Swim:</b> 50 warm up 4x25 faster r:20 300 easy continuous 4x25 faster r:20 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>Minneapolis Park &amp; Recreation Board OPEN SWIM CLUB opens</b>	<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>Tri Skills Workshop 8:00 am - 1:00 pm</b>	<b>Run/Walk:</b> 35 min. continuous (RPE 1)  <b>Swim:</b> 15 min. easy continuous in open water (if possible!). Otherwise, 15 minutes in a pool without stopping while practicing sighting.	<b>Swim:</b> 2x (600+15min) <b>Bike:</b> 2x (30+1:00) = 1:30 <b>Run:</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 17</b> <b>BUILD +</b>  <i>Cumulative fatigue from increased active time is good and normal. Listen to your body though, and don't overdo it.</i>	<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 4x50 faster r:20 400 easy continuous 4x25 faster r:20 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>Mini Tri 8:00 - 9:00 am velofix bike maintenance clinic to follow</b>  <b>T2: Bike-to-Run 9:30 - 11:30 am</b>	<b>Run/Walk:</b> 40 min. continuous (RPE 1)  <b>Swim:</b> 15 min easy continuous in open water!  <b>Open Water Swim 12:00 - 2:00 pm</b>	<b>Swim:</b> 2x (800+15 minutes) <b>Bike:</b> 2x (30+1:00) = 1:30 <b>Run:</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.

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## —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.
- 2) Don't neglect the rest of your life. Integrating workouts into your daily life and routine is key.



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<b>WEEK 7</b> <b>JUNE 24</b> <b>RECOVERY WEEK</b>	Rest is important to training. Your body will respond better and you'll avoid injury and illness.	<b>Run/Walk:</b> 20 min. continuous (RPE 1)  Try a new route - maybe even find a hill for more resistance!	<b>Open Water Swim Clinic</b> <b>5:00 - 7:00 pm</b> <b>Gear West wet suit try-on</b> <b>30 min. before clinic begins</b>	<b>Bike:</b> 30 min. (RPE 1-2)	Rest Day	<b>Run/Walk:</b> 20 min. continuous (RPE 1) Try the same route or hill again and see if it feels easier.  <b>Tri Skills</b> <b>8:00 am - 1:00 pm</b> <b>velofix bike maintenance clinic to follow</b>  <b>KIDS ONLY</b> <b>Mini Tri</b> <b>2:00 - 3:00 pm</b>	<b>Swim:</b> Open Water 2x 10 min. easy continuous. Rest as much as needed between the 10 min.	<b>Swim:</b> 1x 20 minutes <b>Bike:</b> 1x 30 minutes <b>Run:</b> 2x (20+20) = 40 minutes  <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.  <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.
<b>WEEK 6</b> <b>JULY 1</b> <b>RACE-SPECIFIC</b>	<b>Swim:</b> 200 easy continuous 6x 25 sprint, 25 easy r:20 200 easy continuous	<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)	<b>4<sup>th</sup> of July</b>  Be active; enjoy your fitness. Have a great holiday.	<b>Run/Walk:</b> 10 min. warmup (RPE 1) Hill repeats 4x-sprint up hill RPE 4/5, recover by walking back down the hill 5 min. cool down (RPE 1)	Rest Day	<b>BRICK</b> <b>Bike:</b> 60 min. (RPE 1-2) Focus on handling skills. <b>Run:</b> 10 min. (RPE 1-2) Finish with 3-5 accelerations (RPE 4-5), each lasting 10-15 seconds.  <b>Mini Tri</b> <b>8:00 - 9:00 am</b>  <b>T2: Bike-to-Run</b> <b>9:30 - 11:30 am</b>	<b>BRICK</b> <b>Swim:</b> 20 open water <b>Run:</b> 40 min. continuous (RPE 1-2)  <b>Bike Course Preview</b> <b>8:00 - 10:00 am</b> <b>Gear West tire change clinic to follow</b>	<b>Swim:</b> 2x (625y+20 min) <b>Bike:</b> 2x (30+60) = 1:30 <b>Run:</b> 3x (15+5+40) = 1:00  <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.

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**BLOCK 1**



**BLOCK 2**



**BLOCK 3**

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 5</b> <b>JULY 8</b> <b>RACE-SPECIFIC</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 r:30 200 easy continuous	<b>Open Water Swim</b> <b>5:00 - 7:00 pm</b> <b>Gear West wet suit try-on 30 min. before clinic begins</b>	<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:</b> 10 min. (RPE 1) off the bike	<b>Swim:</b> 3x-10 min. open water with 2-5 min. rest between  <b>Tri Skills</b> <b>8:00 am - 1:00 pm</b>  <b>Open Water Swim Clinic</b> <b>12:00 - 2:00 pm</b> <b>Endurance House wet suit try-on to follow</b>	<b>Swim:</b> 2x (625y+30 min) <b>Bike:</b> 2x (30+60) = 1:30 <b>Run:</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 15</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 r:10 100 easy continuous	<b>Mini Tri</b> <b>6:30 - 7:30 pm</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:</b> 10 min. (RPE 1-2) Finish with 3-5 accelerations  <b>Mini Tri</b> <b>8:00 - 9:00 am</b> <b>velofix bike maintenance clinic to follow</b>  <b>T2: Bike-to-Run</b> <b>9:30 - 11:30 am</b>	<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:</b> 45 min. (RPE 1-2)  <b>Mini Tri</b> <b>8:00 - 9:00 am</b> <b>velofix bike maintenance clinic to follow</b>  <b>Open Water Swim Clinic</b> <b>12:00 - 2:00 pm</b>	<b>Swim:</b> 2x (1500y + 10 min) <b>Bike:</b> 3x (40+1:05+15) = 2:00 <b>Run:</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.

**NOTES:** All **bike** and **run** numbers refer to **minutes**. **Pool Swim** numbers refer to **yards**. **Lake swim** numbers are in **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 track your speed in relation to effort.



**BLOCK 1**



**BLOCK 2**



**BLOCK 3**

## —The Final Three Weeks, COUNTDOWN

### BLOCK 3—WEEKS 1-3: COUNTDOWN

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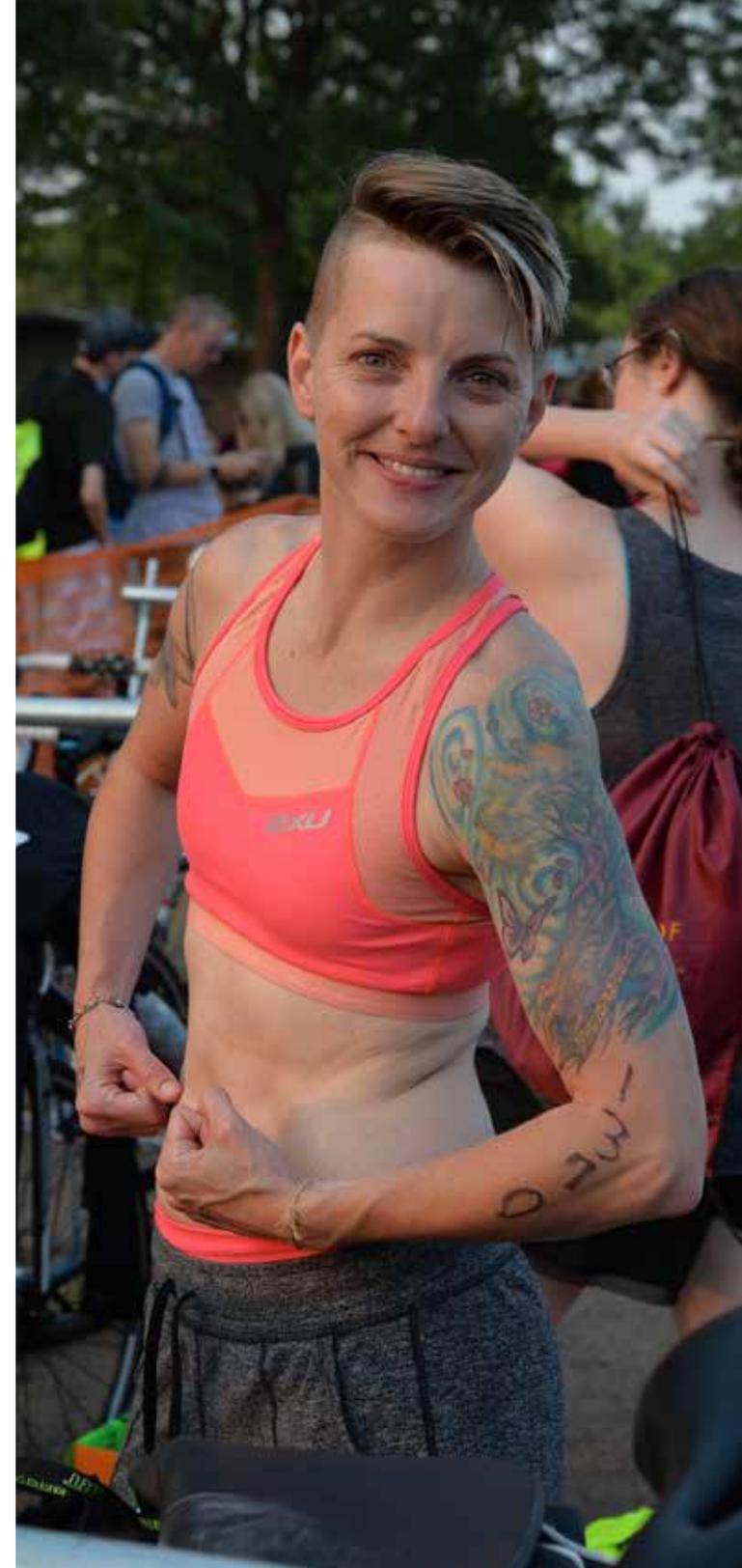
#### Goals:

- 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 and then 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 fresher and stronger.



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 3</b> <b>JULY 22</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 r:5 200 easy continuous  <b>T2: Bike-to-Run</b> <b>6:00 - 8:00 pm</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>Tri Skills</b> <b>1:00 - 6:00 pm</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>Bike Course Preview</b> <b>8:00 - 10:00 am</b> <b>Gear West flat tire clinic to follow</b>  <b>Open Water Swim Clinic</b> <b>11:00 am - 1:00 pm</b> <b>Endurance House wet suit try-on 30 min. before clinic begins</b>	<b>Swim:</b> 2x (1,000y+20 min) <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 29</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>Rest Day</b>	<b>Run/Walk:</b> 25 min. (RPE 1-2) Finish with 3-5 accels.	<b>Bike:</b> 45-60 min. (RPE 2-3) Try to ride some/all of the race course if possible <b>Swim:</b> 30 min. - your choice pool or lake	<b>Mini Tri</b> <b>8:00 - 9:00 am</b>  <b>Bike Course Preview</b> <b>9:30 - 11:30 am</b> <b>Gear West tire change clinic to follow</b>  <b>Open Water Swim Clinic</b> <b>10:00 am - 12:00 pm</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.

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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 track your speed in relation to effort.



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>WEEK 1</b> <b>AUGUST 5</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> 5:00 - 7:00 pm	<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>Packet pick-up Expo: YWCA Midtown</b> 3:00 - 8:00 pm	<b>Rest Day OR</b> 20 minutes of any one portion  <b>Packet pick-up Expo: YWCA Midtown</b> 11:00 am - 4:00 pm  <b>Pre-Race Bike Safety Check</b> 10:00 am - 1:00 pm	<b>YWCA Women's Triathlon</b>	<b>Race Week Taper</b> Take it easy this week - you've worked hard for 3 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>RECOVERY WEEK</b> <b>AUGUST 12</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 2020 race season now!

**NOTES:** All **bike** and **run** numbers refer to **minutes**. **Pool Swim** numbers refer to **yards**. **Lake swim** numbers are in **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.

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**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 track your speed in relation to effort.



**BLOCK 1**



**BLOCK 2**



**BLOCK 3**

## 2) TRAINING OBJECTIVES

### —Swim Objectives, Notes and Resources

*Goal: 500 yds open water pack swim*

- Endurance to cover 500 yds comfortably in the open water.
- Build to 1,000 yds in pool and 30 minutes continuously in the open water.
- Open water is a much different experience than pool swimming. There are no lane lines and no wall. It often adds to a beginner's anxiety and tendency to panic. Be sure to spend time in open water, e.g. 1X per week, once the lakes are warm enough.
- If you are going to race with a wetsuit, be sure to practice with it first! Beginners aren't used to the pressure it sometimes creates on the chest or around the neck. It also takes practice to get it off for the transition to the bike. You will certainly appreciate the buoyancy, speed and warmth wetsuits provide. If you aren't ready to buy a wetsuit, try renting one at Gear West Bike & Triathlon or Endurance House.
- Technique is crucial for conserving energy, swimming faster and staying calm in the water, even when bumped by all the other arms and legs churning the water around you. Improving technique will also help endurance and is great insurance to avoid thrashing and over-kicking.
- The swim sets the mental and physical tone for the race. Give it the attention it deserves so you feel strong and confident coming out of the water. Don't overlook training your mind with encouraging self-talk!
- Practice sighting in open water (take Tri Skills Class, Open Water Swim Class or Tri Swim Prep).

#### *Tips and Resources*

- ▶ Total Immersion at YWCA Minneapolis. Total Immersion is used by both elites and beginners alike to improve efficiency while decreasing effort in the water. Check the website for more information: [ywcamppls.org/ti](http://ywcamppls.org/ti)
- ▶ Masters Swim Practices at YWCA Minneapolis. See YWCA website for schedule and more info: [ywcamppls.org/masters](http://ywcamppls.org/masters)
- ▶ If you are not ready for Masters but want to improve your stroke and endurance in the pool, try Tri Swim Prep, a seven-week class available at YWCA Minneapolis. Register by calling 612-215-4201 or online: [ywcamppls.org/training](http://ywcamppls.org/training)
- ▶ Practice open water skills in a one-day clinic at the race site with our Open Water Swim Clinics: [ywcamppls.org/training](http://ywcamppls.org/training)



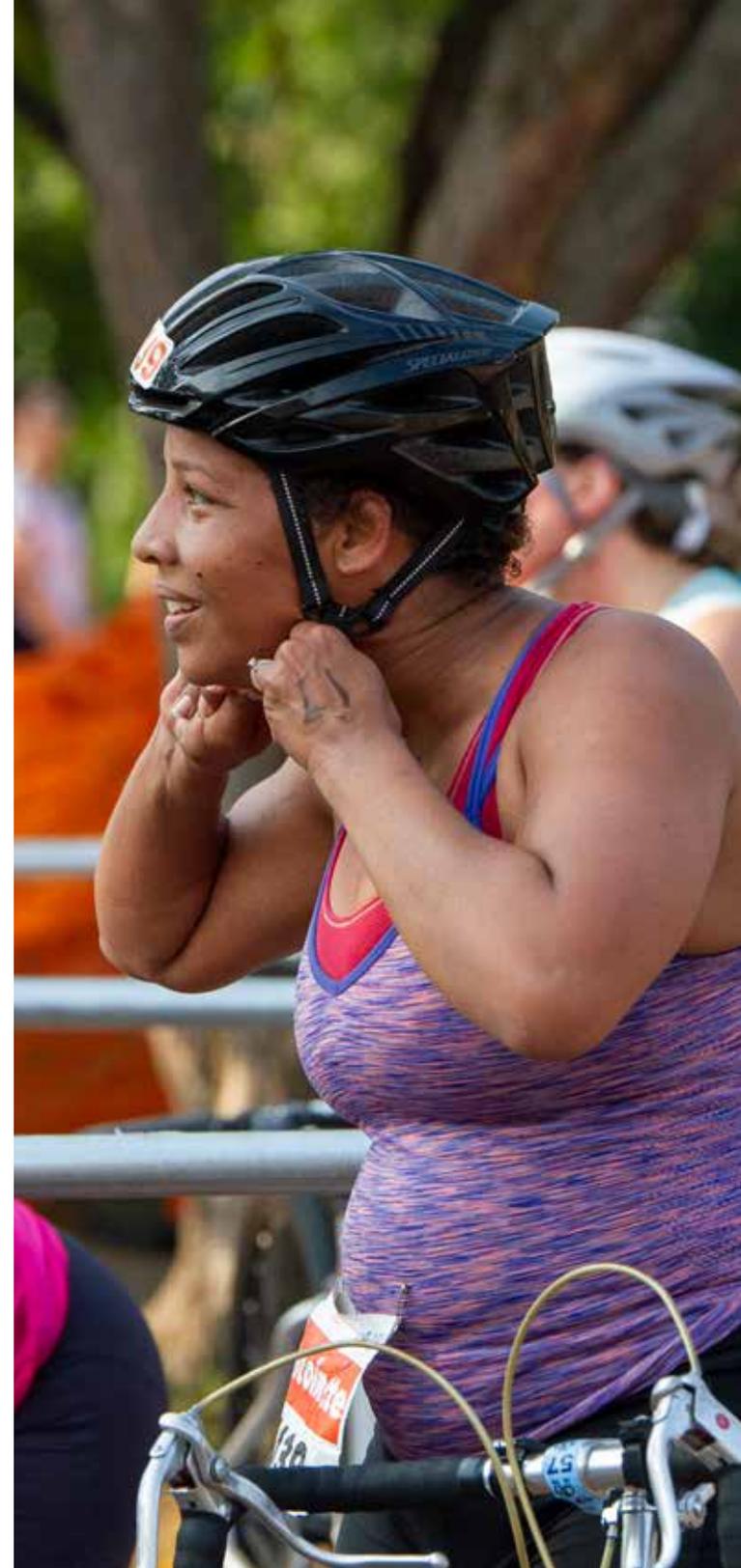
## —Bike Objectives, Notes and Resources

*Goal: Bike 15.5 miles and have energy to run*

- Utilize the bike as the fastest tool you will have on race day. The bike is where your greatest percentage of time will be spent.
  - Build to a long bike ride of 70 minutes.
  - Incorporate multiple bike-run bricks.
  - Aim for a cadence of 80-100 revolutions per minute. You can determine your cadence with a bike computer, or simply count the number of pedal strokes on one side for one minute and then double it.
  - Avoid mashing the gears (pedaling with a slow cadence in too big of a gear) which can strain the knees and quickly fatigue the quads.
  - Our course is flat with a couple of hills and quite a few turns. Be sure to gear down (shift to an easier gear) when climbing or turning to keep your cadence up.
- Improve your pedaling technique by incorporating some drills.
  - Cadence drills, or “spinups,” help make a higher cadence feel smoother. An example: warm up 10-20 min. followed by 5-8x30 sec. at 100 cadence with 30 sec. between reps.
  - Single leg drills teach you even power throughout the entire pedal stroke. An example: 5x20-30 sec. single leg pedaling (alternate legs) focusing on the pedal stroke of the drill leg, followed by 10-20x20-30 sec. double leg. This is most effective with clipless pedals on a stationary bike.
- Mileage and time buildup can usually be a little faster for the bike than the run.
- Evaluate your bike fit to optimize comfort, aerodynamics and power generation. A poorly fitted bike is the most common reason for discomfort and injury with biking.
- Improve your bike handling skills by practicing things like gearing, cornering, passing, going downhill, looking over your shoulder and taking your water bottle in and out. These require practice out on the road under real life cycling circumstances.
- Practice riding the actual course. You will know what to expect and how to plan your race.

### Tips and Resources

- ▶ Please review USA Triathlon rules regarding your bike. (See copy of the rules on the FAQ page of the race website.) Often unknowingly, newbies can break the rules and sometimes receive time penalties. The rules help keep the race safe.
- ▶ Figure out gear and clothing early in your training.
- ▶ Never ride without a helmet.
- ▶ Real cycling shorts and a water bottle/cage are crucial for training. Bike gloves and sunglasses are also high on the list.
- ▶ Cycling shoes and clipless pedals are the most impactful upgrade you can make to improve pedaling technique and gain power (and be safer once you get used to them).
- ▶ Gear West Bike & Triathlon can help with gear questions and carry a big selection of tri-related clothing. They are the most experienced store in the Twin Cities for fitting triathletes to bikes.
- ▶ The Tri Skills class teaches and practices bike handling skills: [ywcampsl.org/training](http://ywcampsl.org/training)



## —Run Objectives, Notes and Resources

*Goal: Run a 5K after doing the swim and bike*

- Build to a run (or run/walk) of 45 minutes.
- Walking is OK! You can ease into running by doing workouts that alternate running and walking, e.g. run 3/walk 1 minute. Adjust the ratio as needed and gradually increase the running time, compared to the walking time until you can run 30 minutes.
- Running has the most impact stress of the three sports and therefore, a higher rate of injury. In fact, many runners turn to triathlon because the cross training help with muscle balance. Be sure to focus on shorter but quicker steps, e.g. aim for a cadence of 85-90 steps per minute, per leg (170-180 total steps per minute). This helps reduce overstriding that can result in braking impact stress, and creates a more efficient stride.
- Consider support options:
  - Run with other people. It is helpful to have a friend, training partner or group that helps push you and can also help you from overdoing it.
  - A coach can help improve your running form, provide guidance if you are managing or rehabbing injuries and help determine an effective progression. YWCA offers many experienced coaches who can help with various aspects of running training. Find out more [ywcamppls.org/trainers](http://ywcamppls.org/trainers)
- Strides (or accelerations) are a great way to loosen up, build running-specific strength and improve form. At the end of a run, walk a bit and then do 4-8x50-80 yards of faster running with 20-40 seconds easy walking in between reps. These are not sprints but fast form running and should not leave you breathless.

### *Tips and Resources*

- ▶ Be sure to get well-fitted running shoes that complement and balance your biomechanics. Go to a specialty running store where they are very familiar with your needs as a runner and triathlete. A few tips for shoe buying:
  - Go at the end of the day or after a run. Your feet swell when you run and throughout the day. For the same reason, wear the same thickness of socks you typically wear for running.
  - Take your old shoes. The wear pattern will be helpful to pick a shoe for your biomechanics.
  - Be prepared to do some test running in the shoes. A running store will expect you to want to take them for a short test run.
- ▶ The T2: Bike-to-Run classes teach and give you practice going from the bike to the run: [ywcamppls.org/training](http://ywcamppls.org/training)



## —Transition Objectives, Notes and Resources:

*Goal: Move efficiently and quickly through T1 (swim-to-bike) and T2 (bike-to-run)*

A smooth transition starts with a thoughtful set-up. When you arrive on race morning, you'll be given directions where to rack your bike in the Transition Area (TA).

### Your TA set-up:

- Minimize your gear - bring only what you plan to use during the race. Try to wear one race outfit through the whole course.
- Mark your place - set a colorful towel on the ground or on your bike, tie a balloon to the rack or use chalk/duct tape to indicate where your gear is located within the TA.
- Plan your gear and the order in which you will put everything on accordingly. For example, your helmet should be one of the first things you put on. Place it upside down on your bike or the ground, put it on (and clip it!) before putting on your shoes.
- Don't forget to lay out your nutrition. Your bike should have water bottle(s) full of water and/or a sports drink, and nutrition should be ready to eat without having to take time to open up tricky packaging.
- Get your numbers ready. Attach the race number stickers provided by the Race Director to your bike and helmet the night before. We recommend using a race belt for your race bib, rather than using safety pins.

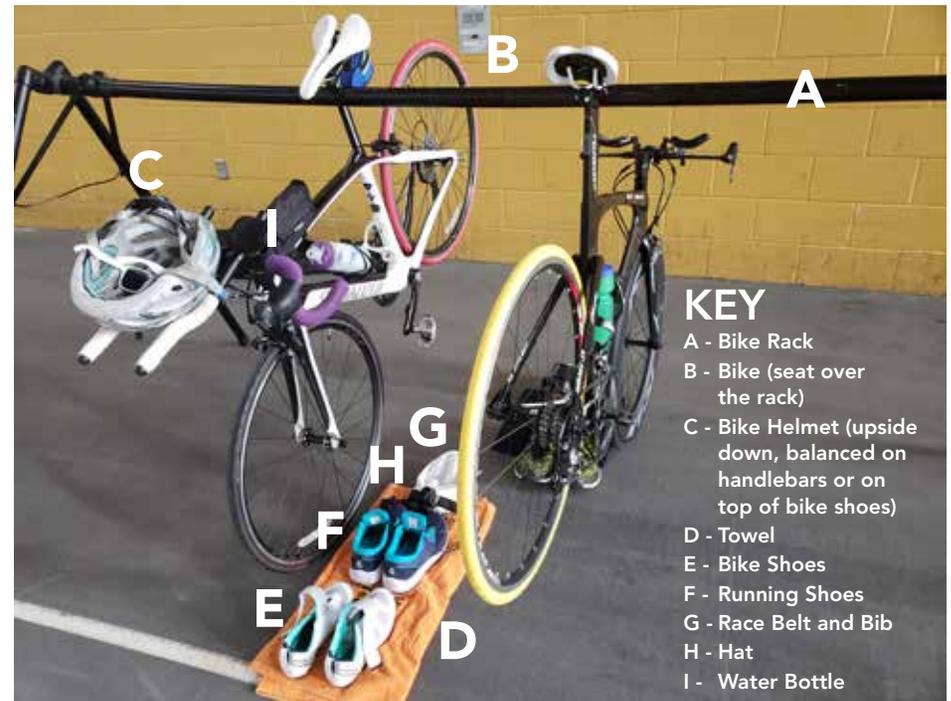
### Practicing the Transition:

Your transition times make up the least amount of time in the race, but the TA can be stressful if you don't have a clear plan. Minimize your anxiety (and time!) by practicing transitions. Take a T2 class or Mini Tri to practice in a simulated race setting.

- On Race Day, know your way around the transition area. Walk the flow of swim-in, bike-out, bike-in and run-out so you can find the most efficient pathway to and from your gear.
- Going from the swim to bike can be disorienting. Be ready to come out of the water a little off-balance. Luckily, you usually have a short walk/jog from the swim exit to the TA. Use this time to get your bearings, remove your cap and goggles, and look for your bike. If you are wearing a wetsuit, keep your cap and goggles on your head while you remove the wetsuit down to your waist. Once you arrive at your bike, pull the wetsuit off your legs.

### Tips and Resources

How to Flying Mount and Dismount in a Triathlon: [youtube.com/watch?v=i7rkREHJbHY](https://www.youtube.com/watch?v=i7rkREHJbHY)



- If you're practiced, running with your bike to the bike-out area is the most efficient way to exit T1. Otherwise, walking is okay too. If you are wearing bike shoes, be careful not to slip!
- When returning to the bike dismount area, be sure to watch out for other athletes. Once you've safely dismounted, run or walk to your gear and re-rack your bike the SAME WAY it was racked previously. Switch your running shoes (if necessary) and head out for the final leg. Your legs may feel wobbly and heavy at the same time. Pay close attention to your pace and cadence for the first third of the distance until you start to feel normal.

*A FINAL NOTE: The Transition Area is a place for ATHLETES ONLY. Each race will have volunteers and security systems in place to ensure that your gear is safe while you are out on the course. Athletes are not allowed back into the TA until the last athlete has crossed the finish line out of respect for all participants. Once you are allowed to re-enter the TA, you must have a race bib that matches the race number on your bike and helmet in order to exit.*

### 3) TRI TRAINING GUIDELINES

#### —Weekly Planning Tips

- Build a routine and make it easy to keep.
- Ask for support from family and friends.
- Put your workouts on your calendar and hold to them like any appointment.
- Find a training partner to share motivation.
- Be prepared with potential replacement sessions for days when the weather prevents you from accomplishing your outdoor training, e.g. treadmill, cycle class, strength and conditioning, Pilates, yoga, etc.
- How many workouts per week? It depends on where you are in the program. Early on, aim for a higher frequency of workouts that are shorter and have a quicker recovery (ready to go again the next day).
- 6-8 training sessions per week is a good goal. You can do two workouts on the same day but try to separate them, e.g. morning and evening.
- Designate at least two training slots for each race discipline, i.e., two swims, two bikes and two runs. Balance these sessions throughout the week, e.g. each sport never has more than four days before the next one.
- Plan higher quality or technique workouts the day after a rest or easy day. Your nervous system and muscles should be fresh to ensure quality practice and avoid injuries.
- Do swim technique work at the beginning of a workout.
- Schedule bricks after a rest or easy day.
- Avoid hard runs on days following hard bikes. The risk of injury and poor running form increases if you run on tired legs.
- Plan one long run and one long bike per week. If your runs are over one hour and your bike is over two hours, you might consider a 10-day or two-week training cycle (alternate long runs and long bikes per week). Avoid long workouts the week before a race.
- Pay attention to rest and recovery. Alternate hard and easy days of training. Balance the muscles and physiological systems you are stressing. Remember: the time between workouts is when your body adapts to training. Overtraining can be caused by under-resting or too much training.
- Always leave one day for complete rest. Try not to schedule this when you have to travel, do a million errands or have other life stressors. Try and sync your training with regular daily life, known stressors and responsibilities.
- Your training and health can fall apart if sleep and nutrition are not priorities.
- Every 3-4 weeks, schedule an “unload” week where you reduce your training volume. This ensures your body can adapt to your training progression. This is a good week to refresh technique drills, practice transitions, take care of gear, etc.
- If you miss a training session due to any of life’s unforeseeable events (work, family, etc...) let it go. You’ll be OK! Don’t try to squeeze it back in without adjusting the rest of your schedule. If you repeatedly miss a scheduled session it is an indicator you need to make an adjustment to your training schedule. Your plan should be fluid and flexible.

## —Training Log

Keeping a training log can be helpful to monitor how you are adapting to your training plan workouts going forward. Some triathletes have detailed logs that include heart rate information, perceived exertion, distances, times, mental state, morning heart rate, food logs, sleep amounts and ratings. Others quickly jot down how long they swam or how far they rode. Keep as much information as you find helpful.

## —Optimize Your Third Sport

Start to change your thinking from weakest sport to third sport: not long and not hard, e.g. 2-3 mi. run, 6-8 mi. bike, 300-600 yd. swim. Add an extra session to your weekly plan that focuses on a steady, aerobic effort in your third sport. You may need to back off your more experienced sports.

## —Bricks and Transitions

A brick is a workout when you do one sport right after another. One general rule for brick workouts is to save the racing for race day. In triathlon, you aren't done until you have finished the run. For most triathletes, the goal should be a smooth, even effort, flowing from one sport to the other. You don't need to kick the first sport in, get a frantic adrenaline rush in the transition and then blast out on the second sport. You will find yourself drained by mid-bike without enough energy for the run. Keep the transitions smooth and simple.



For transition tips and tricks, register for any of these YWCA workshops and classes:

**Tri Skills Workshop**

**T2: Bike-Run Workout**

**Mini-Tri**

[ywcamps.org/training](http://ywcamps.org/training)

## —Swim-to-Bike ("T1") Tips

- ▶ The muscle groups used are very different. Ease into the bike for a couple minutes while blood is redirecting or you can easily go anaerobic.
- ▶ You have been horizontal and are suddenly vertical as you come out of the water. Many find their legs rubbery or are even a little dizzy. Tips:
  - Don't try to sprint to the end of the swim. In a triathlon, you still have a lot farther to go.
  - Swim until your hands touch the bottom of the lake. Standing up too far out will force you to use a lot of energy walk-plowing through the water.
  - Some feel that a slightly faster kicking beat towards the end of the swim is helpful to redirect blood flow but beware because kicking requires a lot of energy. You are likely better off taking little steps out of the water to start redirecting blood.
- ▶ Test your clothes! Choose clothing that feels fast in the water, dries quickly and provides enough support on the bike and run.

## —Bike-to-Run ("T2") Tips

Most triathletes find that a few bike-run bricks are invaluable for race preparation. Climbing off the bike and finding your run legs can be a challenge, especially if running is not your first sport. A couple of guidelines:

- ▶ Train gradually. For your first bike-run, do a short, easy bike followed by just a five-minute run.
- ▶ Unless running is your first sport, you are probably better off lengthening or gradually intensifying the bike, while keeping the run shorter (.5-2 mi.) but maintaining good form.

## —Building Training Volume: Gradual Progression

The general rule of thumb is that, on average, you don't want to increase your training volume more than 10% in any one week. You should apply this to your overall training, as well as to each sport.

For each sport, pick one workout a week to be your long day in that sport. Gradually progress the length of this day up to approximately 150% of the race distance. Biking can often be progressed a little faster than running due to less impact.

You can make it 200% if you have experience in that sport. However, it might be helpful to back off your first sport in order to have the energy and muscle reserve to more safely and comfortably handle a build-up in your second and third sports. You will have to judge your strengths and weaknesses.

It is often too much to increase the long day for each sport every week. Instead consider alternating weeks for bike and run increases. In other words, increase your long run one week and your long bike the next while holding your long run where it was. Then go back to a long run increase the third week. You might be able to handle an increase in both on the third week if the fourth week is an unload week.

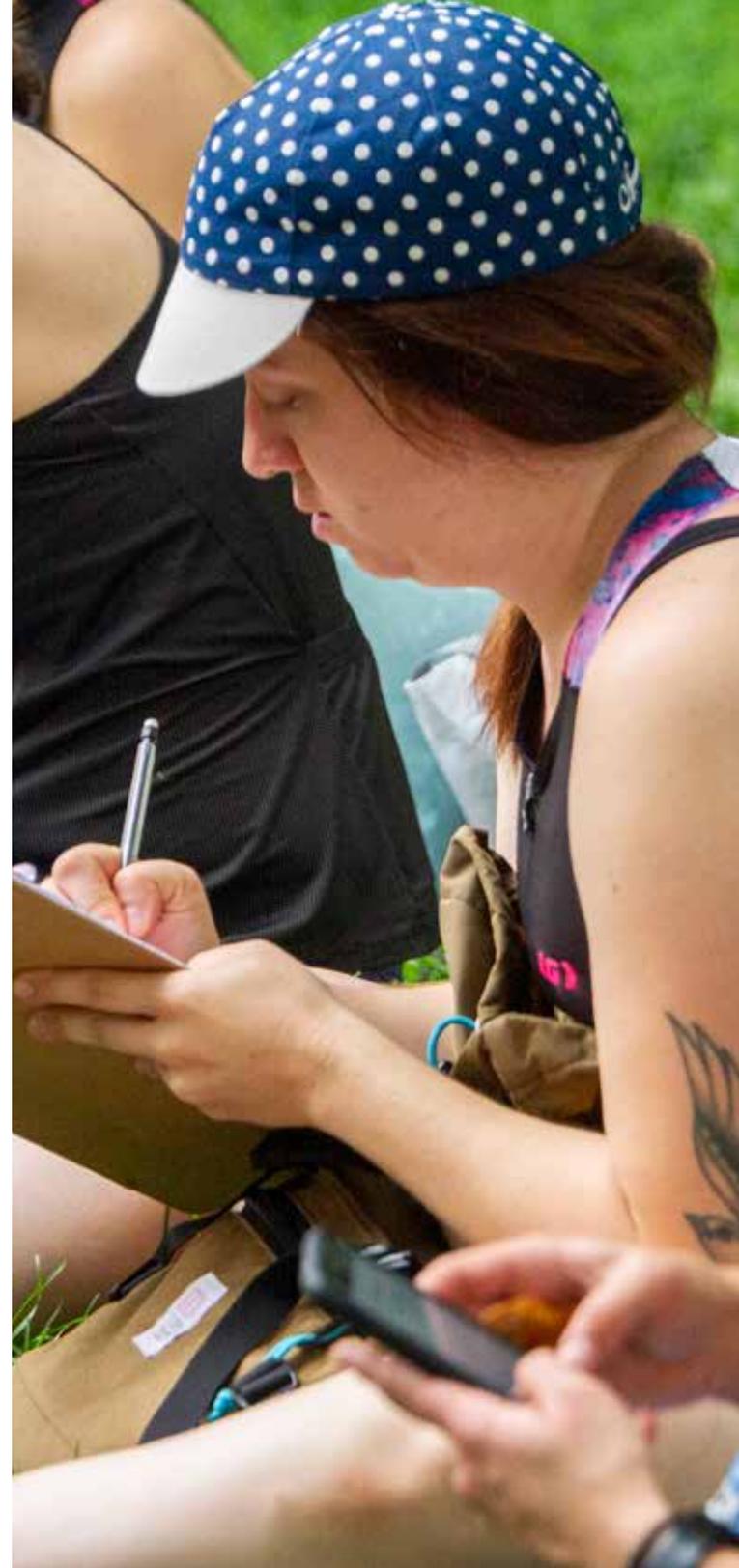
## —Strength and Stability

For triathlon newbies we HIGHLY recommend you consider working with an endurance sports coach or a personal trainer to develop a strength plan that meshes with your tri training. It can be extremely beneficial for both performance and injury resistance. Beginners, women and masters (age 40+) tend to benefit most from a regular program.

If you have a regular schedule of some kind of strength and conditioning, maintain it, e.g. weights, yoga, Pilates, etc.



Find out more about YWCA Endurance Sports Coaches:  
[ywcamppls.org/trainers](http://ywcamppls.org/trainers)



## —Recovery Tips

Recovery is the time between training sessions when your body catches up and makes adaptations to become stronger. Facilitate those adaptations by optimizing your recovery.



### WARM UP

Jumping into high intensity work without being fully warmed up can cause minor connective tissue damage. You may not notice it as obvious pain, but your muscles may experience some swelling and leave you feeling flat the next day. Ease into your workouts with walking or easy jogging, and perhaps some drills and strides if planning a higher intensity workout. Stretching is not warming up. Stretch after your workout, not before!



### STRETCH

For many, it is essential to stretch after every workout, as it doesn't just maintain flexibility. Stretching also helps muscles relax, allowing greater blood flow. Flushing the muscles with blood both speeds up waste removal and brings in nutrients. For athletes with hyper-flexibility, it will be more important to do controlled core work to increase stability.



### ICE

Ice it right! The best time to ice is after you finish your workout for 5-15 minutes (depending on the body part). Ice any areas that feel sore or particularly fatigued. It doesn't have to be an injury! You can even try sitting in a tubful of cold water (add ice if you're brave) for 5-10 minutes. Don't use heat (pads or hot tub) after tough workouts. If you have any injury or swelling, the heat can make it worse. If you have trouble spots, icing 3-4 times per day for 15-20 minutes for a couple days can be a first round of defense. Do not ice before a workout.



### GET IN THE POOL

Even if you don't do laps, just walk/jog around and move your arms and legs through the water. The movements and resistance of the water help loosen you up, and the pressure of the water serves to massage your whole body. Try it after a tough workout, race or even weight training.

You will be better prepared and help ensure your next workout will be a quality workout. Consistently doing the little things helps build long-term progress.



### MASSAGE

There is nothing like a good massage. It can flush muscles to aid recovery, reduce swelling, loosen tight spots and help you relax. Always work toward the heart. Information about massage at YWCA can be found online at: [ywcampls.org/massage](http://ywcampls.org/massage)



### DRAIN

After a workout, lie on your back with your feet in the air (lean them against a wall or a chair) for 5-15 min. Put a towel under your hips to get more direct flow to your heart. This helps reduce fluid accumulation and swelling. This is best done at the end of a workout, after a race, at the end of the day or any time you have been sitting or standing around for a long time.



### REHYDRATE

Your rehydration plan should actually begin before your workout or race. Drink water throughout the day to allow your body to perform optimally. Keeping yourself hydrated is one way to help avoid energy slumps or illness.



### REFUEL

There is a window of opportunity after a workout when your muscles are most receptive to restocking their glycogen stores which aids in recovery. Eat a carbohydrate snack with a little protein within the first 15-30 minutes after your workout. The window remains effective up to 1-2 hours, so that is a good time to follow up with a healthy meal.



### SLEEP

Lose too much sleep and eventually you will lose the quality of your training. If you get sick, you can't train at all. Take care of yourself! Naps are good!



### LIGHT, AEROBIC EXERCISE

This is most helpful the day after a hard workout which replaces blood flow to connective tissues. It is definitely better than just lying around feeling tired and sore! For example, scheduling an easy swim the day after a long run can help speed recovery.

## YWCA MINNEAPOLIS WOMEN'S TRI TIMELINE:

### May

- o Put race day and packet pick-up expo on your calendar
- o Check to see what classes you can fit in to your schedule to support your training. Sign up for classes or find additional training support for either knowledge-building or accountability
- o Consider joining the YWCA Training Team
- o Purchase new equipment and start to practice with it
- o Read the training plan start-to-finish so you can be prepared

### June

- o Find your training groove and find some groups or classes to support you each week
- o Take the time and use available resources to learn the skills of triathlon.
- o Assess your training and determine whether you would like to change from the Sprint to SuperSprint or vice versa. Registrants can make this change prior to June 12 at no charge. Race distance changes after June 12 will incur a \$25 fee.

### July/August

- o Make any final changes to your requested swim wave or registration by July 12
- o Get on the race course at least a few times if possible
- o Attend a Bike Course Preview Ride (view the swim and run course; do the bike course) and an Open Water Swim Clinic (do the swim course as many times as you want in two hours). Check the schedule online: [ywcamppls.org/training](http://ywcamppls.org/training)
- o Within at least a few weeks before the race, check with a bike shop to make sure your bike does not need major repairs
- o Race Guide and Wave Assignments will be sent the week before the race. Read the Race Guide thoroughly. Check out last year's guide, [ywcamppls.org/guide2018](http://ywcamppls.org/guide2018)

### August 9-10

- o Packet pick-up Expo: YWCA Midtown, 2121 E. Lake Street, Minneapolis, MN
  - Friday, August 9: 3:00 - 8:00 PM
  - Saturday, August 10: 11:00 AM - 4:00 PM
- o No race day packet pick-up unless you paid for it with registration or you pay \$50 on race day
- o You must present a photo ID and bring your USAT ID if you are a member
- o Put race numbers where you will need them for the race (bike, helmet, racebelt or shirt)
- o Final bike check
- o Pack your race bag

### Race Day! August 11

- o It is always a good idea to get to the race early as parking can sometimes be an issue. If you arrive early, you can park and prepare without added time stress. Be aware of when the transition area closes.
- o Attend the race meeting before the start. The race meeting is essential whether this is your first triathlon or you are a seasoned racer. The meeting tells you what to expect during the race, and sometimes, small changes have been made to the course. If you are not at the meeting you will not know about these changes and this could prove costly and stressful.
- o Be aware of when the transition area will re-open. You may wish to leave some clothing or items at our clothes drop.
- o Post-race, get some food, a massage and cheer on others. It doesn't matter how experienced you are, it always feels good to relax and enjoy the accomplishment of meeting a challenge.

## Sample Race Day Gear Checklist:

### Pre/Post Race

- ⊙ Bike pump
- ⊙ Sunscreen
- ⊙ Band-aids or general first aid
- ⊙ Food/drink
- ⊙ Personal music
- ⊙ Warm up clothes (before), change of clothes (after)

### Transition Area

- ✓ Race numbers already on bike, helmet and clothing or race belt
- ✓ Put on timing chip (receive on race morning)
- ⊙ Towel for transition area: prevents small stones, from getting in your shoes and a way of "marking" your area
- ⊙ Water/drink bottles
- ⊙ Race food: energy gels/bars
- ⊙ Plastic bags: these can keep your gear, especially shoes, dry if there is rain
- ⊙ Marker, like a balloon, to locate your area

### Swim

- ✓ Tri clothes or swim suit
- ✓ Swim goggles (plus back-up pair)
- ✓ Swim cap (receive at packet pick-up)
- ⊙ Wetsuit
- ⊙ Anti-chafing lubricant, e.g. Bodyglide, Sportshield

### Bike

- ✓ Your bike! Don't forget your bike!
- ✓ Helmet
- ✓ Sunglasses (for eye protection from debris)
- ✓ Shoes (bike or otherwise)
- ⊙ Bike clothing (socks, shorts, jersey), if you're not wearing tri clothes
- ⊙ Seat bag (extra tube, CO2)
- ⊙ Bike computer

### Run

- ✓ Run shoes
- ✓ Your race number either on a race belt or pinned to a shirt
- ⊙ Run clothes (socks, shorts, shirt)
- ⊙ Hat

✓ Essential items

⊙ Optional items

## —LOCAL AND NATIONAL TRIATHLON RESOURCES

### YWCA Minneapolis —

- Triathlon: Tri Skills Workshop, T2: Bike-to-Run Workout, Mini Tri, Women's Tri Bike Course Preview, Indoor Triathlons (January—April), Women's Triathlon
- Swimming: Private Swim Instruction, Tri Swim Prep, Open Water Swim Clinics, Masters
- Cycling: Tri Skills classes, Endurance Sports Coaching, CompuTrainer Classes
- Running: Endurance Sports Coaching, Running Interval Classes, T2 Workouts, High Intensity Water Running, YWCA Endurance Sports Club
- Coaching/Fitness: Endurance Sports Coaching, Personal Training, Active Isolated Stretching, Pilates, Styku 3D Body Assessment, KORR Metabolic Testing

### National Governing Body —

USA Triathlon, [usatriathlon.org](http://usatriathlon.org)

### Magazines and Race Calendars —

- 1) MNTri News (best Minnesota multisport calendar), [minnesotatrinews.com](http://minnesotatrinews.com)
- 2) Tri Find (when you want to go out of the region to race), [trifind.com](http://trifind.com)
- 3) Triathlete, [triathletemag.com](http://triathletemag.com)

### Books (Here are a few select choices) —

- 1) *The Triathlete's Training Bible*, Joe Friel
- 2) *Triathlon: The Beginners Guide*, Terry Stevenson
- 3) *Triathlon For Beginners*, Dan Goldberg
- 4) *Your First Triathlon*, Joe Friel
- 5) *Swim, Bike, Run — Eat*, Tom Holland
- 6) *Training Plans for Multisport Athletes*, Gale Bernhardt
- 4) *Slow, Fat Triathlete*, Jayne Williams
- 5) *The Woman Triathlete*, Christina Gandolfo
- 6) *Transformed by Triathlon*, Jane Booth

### Online Training Logs and Maps —

- 1) Training Peaks (the gold standard, download HR, Power, etc.), [trainingpeaks.com](http://trainingpeaks.com)
- 2) Map My Tri (allows you to map and measure your courses, create groups, etc.), [mapmytri.com](http://mapmytri.com)
- 3) On Tri, [ontri.com](http://ontri.com)
- 4) Strava (made for running but has the capability to track everything), [strava.com](http://strava.com)
- 5) gmaps Pedometer, [gmaps-pedometer.com](http://gmaps-pedometer.com)

### Local Stores —

- 1) Gear West Bike & Triathlon, YWCA Women's Tri Official Bike Partner, [gearwestbike.com](http://gearwestbike.com)
- 2) Endurance House
- 3) velofix

### Online Resources and Stores —

- 1) [gearwestbike.com](http://gearwestbike.com)
- 2) [beginnertriathlete.com](http://beginnertriathlete.com)
- 3) [slowtwitch.com](http://slowtwitch.com)
- 4) [active.com](http://active.com)
- 5) [trizone.com](http://trizone.com)
- 6) [trisports.com](http://trisports.com)
- 7) [trinewbies.com](http://trinewbies.com)



## 4) APPENDIX

### TRIATHLON RESOURCES AND GENERAL INFORMATION

In triathlons, the transition between the sports is included in your total time. Transitions are often called triathlon's fourth sport and are referred to as T1 (swim-to-bike) and T2 (bike-to-run).

USA Triathlon (USAT), the national governing body for multisport, supports the sports of Triathlon, Duathlon, Aquathlon, Winter Triathlon and Off-Road Du's/Tri's. Triathlon is by far the most popular and has several racing distances, from youth events all the way up to double and triple ultra distance events. Athletes of all shapes, sizes, ages and fitness levels compete in triathlon yearly to prove that when you put your mind to it, anything is possible.

YWCA Women's Triathlon is a USAT sanctioned race. An annual or 1-day license is required of all racers (and is part of the registration process) and both the race and racers must follow the rules set forth by USAT. This is to preserve the safety and fairness for all racers and to produce an event of the highest quality.

### Typical Event Distances (swim/bike/run)

*Yds=yards, m=meters, K=kilometers, Mi=miles*

Distances within each designation vary due to course layout. USAT designates the following distance categories:

Youth:	Age 7-10 (50-100Yds/2-5K/1K); Age 11-14 (200-375Yds/8-10K/2-2.5K)
Short:	Sprint 750m/20K/5K
Intermediate:	1500m/40K/10K (standard Olympic distance). Formerly called International.
Long Course:	1.2 Mi/56 Mi/13.1 Mi (half iron)
Ultra Distance:	2.4 Mi/112 Mi/26.2 Mi (iron distance)

### USAT Rules:

Rules are in place for both safety and fairness. Below are some of the most commonly violated rules:

- 1) Helmets must be worn at all times while on your bike - including before, during and after the race. The chin strap MUST be buckled.
- 2) No assistance other than that offered by race and medical officials may be used.
- 3) All equipment must be kept in the designated Transition Area. The wheel of the bicycle must be down on the side of the assigned space. Only race participants are allowed in the transition area.
- 4) All bike bar ends must be plugged.
- 5) No glass containers are allowed in the transition area.
- 6) Drafting. You must keep at least 3 bike lengths between your front wheel and the rear wheel of the cyclist in front of you. If you move into the zone, you must pass within 15 seconds.
- 7) Blocking. Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. In other words, you must always ride on the right and pass on the left.
- 8) Overtaken. As soon as another athlete's wheel passes in front of yours, you have 15 seconds to drop back out of the zone before you may attempt to re-pass. It is your responsibility to fall back.
- 9) Wetsuits are permitted if the water temperature is 78 degrees or cooler. If the water temperature is above 78 and below 84 degrees, you can wear a wetsuit but are not eligible for awards. 84 degrees and above, wetsuits are prohibited.
- 10) Public nudity is not allowed at any point during the race, including the transition area. Public urination is also not allowed.
- 11) Personal audio devices, e.g. iPods, may not be carried or worn at any point during the race.
- 12) Abandonment. All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. This includes garbage, clothing, water bottles, gear, etc.

