

6 Month Olympic Triathlon Training Plan

OLYMPIC TRIATHLON TRAINING PLAN

16 WEEKS (FOR BEGINNERS)



MARATHON HANDBOOK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	Easy Cycle 20 Min	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	Easy Cycle 30 Min	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Swim (Non Stop)	Rest Day
3	Easy Run 1 Mile (Non Stop)	Easy Cycle 45 Min	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	Easy Run 1.5 Miles (Non Stop)	Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery	Rest Day
4	Easy Run 2 Miles	Easy Cycle 50 Min	Easy Swim 15 Mins (Non Stop)	Rest Day	10 x 1 Min Run (Zone 4)/ 1 Min Jog (Zone 1)	Brick 10 Min Swim + 45 Min Bike (Zone 3)	Rest Day
5	Easy Run 2 Miles + 4 x 50m Strides	Easy Cycle 60 Min	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	Easy Swim 20 Mins (Non Stop)	Brick 30 Min Cycle + 10 Min Run	Rest Day
6	Easy Run 2.5 Miles + 4 x 50m Strides	Easy Cycle 70 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	1000m Zone 2 Swim	Swim 500m + Run 2 Miles + Cycle 10 Miles	Rest Day
7	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 75 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	Brick 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3)	Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery	Rest Day
8	Easy Run 2 Miles + 4 x 75m Strides	30 Min Cycle (Zone 2)	10 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Simulation: Sprint Triathlon Distances	Rest Day
9	3 Mile Run (Zone 2-3)	15 Mile Cycle (Zone 2)	4 x 200m Zone 3 Swim (90s Rests)	Rest Day	16 Mile Cycle with 4 x 5 Min (Tempo Pace)/ 90s Recovery	600m Easy Swim with 4 x 25m Sprints	Rest Day
10	Easy Run 4 Miles + 4 x 75m Strides	Easy Cycle 18 Miles	2 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints	Rest Day	Brick 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3)	25 Min Cycle (Tempo Pace)	Rest Day
11	Easy Run 4.5 Miles + 4 x 75m Strides	Easy Cycle 20 Miles	Easy Swim 800m + 4 x 25m Sprints	Rest Day	4 Mile Run with 2 x 15 Min (Tempo Pace)/ 90s Recovery	Swim 8 x 100m (Zone 3-4)/ 1 Min Rests	Rest Day
12	Easy Run 5 Miles + 4 x 75m Strides	60 Min Cycle with 3 x 10 Min (Tempo Pace)/ 2 Mins Recovery	Easy Swim 1000m + 4 x 25m Sprints	Rest Day	Easy Cycle 20 Min	Swim 1000m + Cycle 18 Miles + Run 3 Miles	Rest Day
13	Easy Run 5.5 Miles + 4 x 75m Strides	Easy Cycle 22 Miles	1200m Zone 2 Swim	Rest Day	5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery	Swim 5 x 300m (Zone 4) with 4 x 25m Sprints	Rest Day
14	Easy Run 6 Miles + 4 x 75m Strides	75 Min Cycle (Zone 2) with 2 x 20 Mins (Tempo Pace)	3 x 500m Zone 3 Swim (90s Rests)	Rest Day	1500m Zone 2 Swim	Easy Cycle 25 Miles	Rest Day
15	Easy Run 6 Miles + 4 x 75m Strides	60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	4 x 400m Zone 3 Swim (90s Rests)	Rest Day	4 Mile Run (Zone 2) with 10 x 90s (Zone 4)/ 30s Recovery	Brick Swim 1000m + Cycle 18 Miles	Rest Day
16	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 30 Min	15 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Day!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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MARATHON HANDBOOK

6 Month Olympic Triathlon Training Plan

The Olympic triathlon is a challenging yet rewarding endurance event that consists of a 1.5 km swim, a 40 km bike ride, and a 10 km run. Training for such a demanding race requires a structured approach. A 6-month training plan is an excellent way to prepare your body and mind for this competition. This article will provide a comprehensive guide on how to create a 6-month training plan that will help you improve your performance across all three disciplines while minimizing the risk of injury.

Understanding the Olympic Triathlon

Before diving into the training plan, it is essential to understand the components of the Olympic triathlon:

1. **Swimming (1.5 km):** This portion takes place in open water or a pool and tests your endurance, technique, and ability to navigate.
2. **Cycling (40 km):** This segment is typically done on the road and requires not only physical strength but also strategy regarding pacing and gear management.
3. **Running (10 km):** The final leg of the race demands stamina and speed, often influenced by fatigue from the previous two disciplines.

Setting Your Goals

When embarking on a 6-month Olympic triathlon training plan, it's crucial to set clear and achievable goals. These goals will guide your training and help you stay motivated. Consider the following:

1. **Performance Goals:** Aim for a specific finish time or placement in your age group.
2. **Personal Goals:** Focus on completing the race, improving your swimming technique, or increasing your cycling speed.
3. **Health Goals:** Prioritize injury prevention, weight management, or overall fitness improvement.

Training Phases

A well-rounded training plan consists of distinct phases, each focusing on different aspects of performance. Below are the primary phases to include in a 6-month plan:

Phase 1: Base Training (Months 1-2)

- **Objective:** Build endurance and develop a strong aerobic base.
- **Key Activities:**
 - **Swimming:** 2-3 sessions per week, focusing on technique and endurance.
 - **Cycling:** 2-3 rides per week at a steady pace, gradually increasing distance.
 - **Running:** 2-3 runs per week, incorporating long runs to build stamina.

Sample Weekly Schedule:

- **Monday:** Rest or light cross-training
- **Tuesday:** Swim (45 min) + Run (30 min)
- **Wednesday:** Bike (60 min)
- **Thursday:** Swim (30 min) + Run (45 min)

- Friday: Rest
- Saturday: Long Bike (90 min)
- Sunday: Long Run (60 min)

Phase 2: Build Phase (Months 3-4)

- Objective: Increase intensity and begin incorporating race-specific training.
- Key Activities:
 - Swimming: Include interval training and open water swims if possible.
 - Cycling: Introduce hill workouts and longer rides at race pace.
 - Running: Incorporate tempo runs and interval training sessions.

Sample Weekly Schedule:

- Monday: Rest or light cross-training
- Tuesday: Swim (1 hour with intervals) + Run (30 min with speed work)
- Wednesday: Bike (75 min, include hills)
- Thursday: Swim (30 min, focus on drills) + Run (1 hour with tempo segments)
- Friday: Rest
- Saturday: Long Bike (2 hours)
- Sunday: Long Run (75 min)

Phase 3: Peak Phase (Months 5-6)

- Objective: Sharpen fitness and simulate race conditions.
- Key Activities:
 - Swimming: Practice race distances and transition drills.
 - Cycling: Focus on race-pace efforts and brick workouts (bike followed by a run).
 - Running: Include race-pace runs and tapering towards the end.

Sample Weekly Schedule:

- Monday: Rest or light yoga
- Tuesday: Swim (1 hour with race pace) + Run (45 min with intervals)
- Wednesday: Bike (90 min with race-pace efforts)
- Thursday: Swim (30 min, practice transitions) + Run (1 hour with tempo segments)
- Friday: Rest
- Saturday: Brick workout (Bike 1.5 hours + Run 30 min)
- Sunday: Long Run (90 min)

Brick Workouts

Brick workouts are essential for triathlon training as they simulate the transition between cycling and running. Incorporating these sessions will help your body adapt to the shift in muscle usage.

Sample Brick Workout:

- Bike for 60-90 minutes at a moderate pace followed immediately by a 20-30 minute run at race

pace.

Nutrition and Hydration

Proper nutrition and hydration are crucial throughout your training and especially on race day. Here are some guidelines:

- Daily Nutrition:
 - Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats.
 - Stay hydrated throughout the day; aim for at least 2-3 liters of water daily.
- Pre-Workout Nutrition:
 - Consume a small meal or snack high in carbohydrates 30-60 minutes before workouts.
- During and Post-Workout Nutrition:
 - For workouts longer than an hour, consider energy gels, bars, or electrolyte drinks.
 - Refuel with a combination of protein and carbohydrates within 30 minutes post-workout.

Injury Prevention and Recovery

As you progress through your training plan, it is vital to prioritize recovery and injury prevention. Here are some strategies:

1. Rest Days: Incorporate regular rest days into your training schedule to allow your body to recover.
2. Stretching and Mobility Work: Include dynamic stretching before workouts and static stretching afterward to maintain flexibility.
3. Cross-Training: Engage in low-impact activities such as swimming, cycling, or yoga on recovery days to promote blood flow and aid recovery.
4. Listen to Your Body: Pay attention to signals of fatigue or pain, and adjust your training accordingly.

Race Day Preparation

As race day approaches, focus on final preparations:

1. Tapering: Reduce training volume in the final two weeks to allow your body to recover fully and be race-ready.
2. Practice Transitions: Familiarize yourself with your gear setup and practice transitions multiple times.
3. Plan Your Race Day: Prepare your nutrition, gear, and logistics ahead of time to minimize stress on

race day.

Conclusion

A comprehensive 6-month Olympic triathlon training plan requires dedication, discipline, and a structured approach. By following the outlined phases, focusing on your goals, and prioritizing nutrition and recovery, you can prepare yourself to take on the challenges of the triathlon. Remember to listen to your body and adjust your training as needed, and most importantly, enjoy the journey to race day!

Frequently Asked Questions

What are the key components of a 6 month Olympic triathlon training plan?

The key components include swimming, cycling, and running workouts, strength training, rest days, nutrition planning, and brick workouts to simulate race conditions.

How often should I train each discipline in a 6 month plan?

Typically, you should train swimming 2-3 times a week, cycling 2-3 times a week, and running 3-4 times a week, adjusting based on your current fitness level and goals.

What is a brick workout and why is it important in a triathlon training plan?

A brick workout combines two disciplines back-to-back, usually cycling followed by running, to help your body adapt to the transition between sports, which is crucial for race day performance.

How can I prevent injuries during my 6 month triathlon training?

To prevent injuries, incorporate rest days, listen to your body, gradually increase mileage and intensity, include strength training, and ensure proper warm-up and cool-down routines.

What type of nutrition should I focus on during my training?

Focus on a balanced diet rich in carbohydrates for energy, proteins for recovery, healthy fats, and stay hydrated. Also, practice your nutrition strategy during long workouts to prepare for race day.

How do I determine my baseline fitness level before starting the training plan?

You can assess your baseline fitness by completing a time trial for each discipline (swim, bike, run) at a moderate effort and recording your distances and times to establish starting points.

What should I consider when planning my race day strategy?

Consider pacing for each segment, nutrition and hydration plans, transition times, and mental strategies to stay focused and motivated throughout the race.

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