

# Beginner Olympic/International Distance Training (1.5K Swim/40K Bike/10K Run)

## 8 Week Plan

*Christina Gandolfo, Editor of The Woman Triathlete & HerSports Magazine*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Swim 45 min	Brick Bike 1:00-1:30 Run 20-30 min	Swim 45 min	Run 45 min easy	Rest or Active Recovery	Long Bike 1:30- 2:30, easy to moderate pace	Long Run 9 miles
<b>Week 2</b>	Swim 45 min	Brick Bike 1:00-1:30 Run 20-30 min	Swim 45 min	Run 45 min easy	Rest or Active Recovery	Long Bike 1:30- 2:30, easy to moderate pace	Long Run 9 miles
<b>Week 3</b>	Swim 45 min	Brick Bike 1:00-1:30 Run 20-30 min	Swim 45 min	Run 45 min easy	Rest or Active Recovery	Long Bike 1:30- 2:30, easy to moderate pace	Long Run 9 miles
<b>Week 4</b>	Swim 1 hour	Brick Bike 1:00-1:30 (with tempo work) Run 30 min	Swim 1 Hour Speed Session	Run 45-60 min easy	Rest or Active Recovery	Long Bike 35-50 miles	Long Run 9-12 miles Easy
<b>Week 5</b>	Swim 1 hour	Brick Bike 1:00-1:30 (with tempo work) Run 30 min	Swim 1 Hour Speed Session	Run 45-60 min easy	Rest or Active Recovery	Long Bike 35-50 miles	Long Run 9-12 miles Easy
<b>Week 6</b>	Swim 1 hour with Anaerobic Threshold Work	Brick Bike 1:00-1:30 (with 30-45 min Time Trial) Run 25 min	Swim 1 Hour Easy	Long Run 9-12 miles easy	REST	Run Track Workout	Long Bike 35-50 miles easy with hills
<b>Week 7</b>	Swim 1 hour with Anaerobic Threshold Work	Brick Bike 1:00-1:30 (with 30-40 min Time Trial)	Swim 1 Hour Easy	Long Run 9-12 miles easy	REST	Run Track Workout	Long Bike 35-50 miles easy with hills
<b>Week 8</b>	Swim 45 min	Bike 1 hour Run 20 min	Swim 45 min	Bike 1:30 easy	REST	Swim 10 min easy Bike 20 min easy Run 15-20 min easy (with 3x15 sec strides)	RACE DAY!