

Nuffield Health Salford Triathlon Training plan

Beginner's training plan: 4 weeks to triathlon

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| Day | Week 1 | Week 2 | Week 3 | Week 4 |
|------------|--|--|---|--|
| Monday | Rest day | Rest day | Rest day | Rest day |
| Tuesday | Swim (20 mins) | Swim (25 mins) | Swim (30 mins) | Swim (30 mins) |
| Wednesday | Run (10 mins) | Run (15 mins) | AM: Run (15 mins) PM: Swim (30 mins) | AM: Run (15 mins) PM: Cycle (25 mins) |
| Thursday | Swim (25 mins) | Swim (25 mins) | Swim (30 mins) | Run (15 mins) |
| Friday | AM: Cycle (25 mins) PM: Run (10 mins) | AM: Run (15 mins) PM: Swim (30 mins) | Transition practice Bike > Run session | AM: Run (10 mins) PM: Swim (15 mins) |
| Saturday | AM: Cycle (25 mins) PM: Run (10 mins) | AM: Run (15 mins) PM: Swim (30 mins) <u>OR</u> Cycle (30 mins) | Transition practice Bike > Run session 30 min cycle straight into a 15 min run | AM: Run (10 mins) PM: Swim (15 mins) |
| Sunday | Swim (25 mins) | Bike > Run session 25 min cycle straight into a 15 min run | AM: Swim (30 mins) PM: Cycle (30 mins) | Race day |
| Total time | 2 hours 30 minutes | 2 hours 55 minutes | 3 hours 50 minutes | 2 hours 15 minutes Plus race time |