

Tiger Coaching - Beginner Triathlon Training Schedule

Running Schedule - Minutes per day

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	0	:08	0	0	:10	0	0	:18
2	0	:12	0	0	0	:14	0	:26
3	0	:16	0	0	:18	0	0	:34
4	0	:10	0	0	0	:14	0	:24
5	0	:18	0	0	:20	0	0	:38
6	0	:22	0	0	0	:24	0	:46
7	0	:26	:08 brick	0	:28	0	0	1:02
8	0	:20	0	0	0	:18	0	:38
9	0	:26M	:10 brick	0	:30	0	0	1:06
10	0	:32M	0	:12 brick	0	:34	0	1:18
11	0	:24M	:15 brick	0	:36	0	0	1:15
12	0	:30M	0	:18 brick	0	:36	0	1:24
13	0	:24	:22 brick	0	:24	0	0	1:10
14	0	:15	0	0	:10	0	RACE	:25+Race

Cycling Schedule - Minutes per day

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	0	0	:20	0	0	:22	0	:42
2	0	0	:25	0	0	0	:30	:55
3	0	0	:35	0	0	:45	0	1:20
4	0	0	:45	0	0	0	1:00	1:45
5	0	0	:45	0	0	1:15	0	2:00
6	0	0	:30	0	0	0	0:45	1:15

7	0	0	:45M	0	0	1:15	0	2:00
8	0	0	:60M	0	0	0	1:30	2:30
9	0	0	:45M	0	0	1:15	0	2:00
10	0	0	:60M	0	0	0	1:30	2:30
11	0	0	:45M	0	0	1:45	0	2:30
12	0	0	:60M	0	0	0	1:15	2:15
13	0	0	:30M	0	0	1:00	0	1:30
14	0	0	:20	0	:20	0	RACE	:40

Key - M = 70-80% of Max Heart Rate

Key - Easy = 60-70% of Max Heart Rate

Recovery Weeks

Brick Workout = Bike followed immediately by Run

Run Workouts- Week 6 - 4 Accelerations x 20 sec.x1:30 Easy
 Week 7 - 6 Accelerations x 20 sec.x1:30 Easy
 Week 8 - 8 Accelerations x 20 sec.x 1:30 Easy
 Week 9 - 0:30M x 1:30 Easy - Repeat x 4
 Week 10 - 0:45M x 1:30 Easy - Repeat x 4
 Week 11 - 1:00M x 1:30 Easy - Repeat x 4
 Week 12 - 1:00M x 1:30 Easy - Repeat x 4
 Week 13 - 4 Accelerations x 20 sec.x 1:30 easy

Bike Workouts-Week 6 - 4 Accelerations x 30 sec.x1:30 Easy
 Week 7 - 6 Accelerations x 30 sec.x1:30 Easy
 Week 8 - 8 Accelerations x 30 sec.x 1:30 Easy
 Week 9 - 1:00M x 1:30 Easy - Repeat x 4
 Week 10 - 2:00M x 1:30 Easy - Repeat x 4
 Week 11 - 3:00M x 1:30 Easy - Repeat x 4
 Week 12 - 2:00M x 1:30 Easy - Repeat x 4
 Week 13 - 4 Accelerations x 20 sec. x 1:30 Easy