

# LIFE TIME TRI

## Life Time Tri Sprint Triathlon Training Program

For Novice Triathletes

LIFETIME  
ENDURANCE

Developed by  
Coach Troy Jacobson  
Head Multisport Coach for LIFE TIME FITNESS

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## Introduction and Overview of the Life Time Tri Sprint Training Program

Congratulations! Welcome to the Life Time Tri 12-week Sprint Training Program for newbies! It's a pleasure to have you join us in training for your triathlon experience. By following this plan and living the triathlon lifestyle focused on regular exercise, good nutrition and personal wellness, you'll find that your health, energy and quality of life will take a step up to the next level!

### GETTING STARTED

Now that you've made the commitment both physically and emotionally to train for a Tri, it's time to 'do it'. As with anything, you want to start off on the right foot and take proper steps from day one (no pun intended!). Therefore, it's my recommendation that you begin immediately learning how to use a heart rate monitor and train according to HEART RATE TRAINING ZONES using the chart below, also known as the Metabolic Training System.

Training with Heart rate is the most effective means to monitor your exercise intensity and maximize your workouts. The fact of the matter is that each of us process fuels differently during exercise and at rest, making up our 'metabolism'. The goal of heart rate training is to train your body to process the 'right fuels' at various exercise intensities. For example, did you know that trained endurance athletes tend to use proportionately more fat when exercising than do non-athletes? Using your training heart rate as your gauge, you can train at the levels most appropriate for improving your endurance, strength and speed.

Let's take a quick minute go over the training zones used in this training program. Zone 1 training is very low intensity... 'easy does it'. It's used primarily for 'active recovery' days, after hard blocks (or days) of training in which the goal is to stay loose, keep the metabolism primed and to burn a few calories. We'll use this intensity sparingly in this plan due to the lower overall training volumes contained herein.

Lower intensity or aerobic training, also referred to as Zone 2 Training, is the best way to teach your body to burn fat as fuel more efficiently and to train your muscles for prolonged endurance activity. This intensity is 'comfortable' and manageable for long periods of time. In addition to HR, we can also take the 'talk test' to determine if you're in Zone 2. Simply stated, if you can hold a conversation when exercising, you're likely in Zone 2. Much of the training done in this program and in other novice level training programs will be at Zone 2 intensity to help you 'build your base'.

Zone 3 training intensity is a step up from Zone 2 (Z2) and focused on building primarily muscular and cardiovascular endurance. Your effort increases, as does your heart rate and work output. Zone 3 training is a little less comfortable than zone 2 training and makes it a little more difficult to talk as your breathing rate is higher and the working muscles are placed under higher demands. We do a little bit of Z3 training in this program in order to get you used to a higher level of effort. As you progress to more advanced level training programs, you'll be doing even MORE work in that Zone 3 range.

Zone 4 is where the 'rubber hits the road', so to speak. This is where holding a conversation is nearly impossible as your breathing rate is high and your muscles begin to feel the burn from the accumulation of lactic acid. The effort is sustainable, but only for limited duration as your body starts incinerating carbohydrate as it's primary source of fuel. Zone 4 training will help you realize awesome fitness gains, but is not used that often in beginner level training plans like this one. You'll see more Z4 training as you progress to more advanced training plans in the future!

Rest days are schedule often and, according to some of my athletes, are their favorite days! On rest days, I advise that you do light activity (go for a hike, play with your kids, perhaps do some light stretching or low intensity yoga) and focus on good nutrition and recovery. Remember, it's when you rest that your body gets stronger from training!

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### HOW TO ESTABLISH YOUR TRAINING ZONES

Training heart rate zones can be established in a lab setting (Metabolic Assessment) or by doing a field test. For simplicity, I recommend a repeatable field test such as a steady, hard 20 minute effort on the bike or a 3 mile hard run at race pace on the track. Find your average heart rate for those efforts and subtracting 3-5% will give you an approximate lactate threshold heart rate (LTHR) from which you can then derive target zones using the chart seen below (Zone 4 = LTHR, or that level when you transfer into an 'anaerobic' metabolism).

Below is a basic overview of the MTS. If you have any questions specific to your individual zones, please inquire at your Life Time Fitness and a coach will be happy to assist you.

### LIFE TIME FITNESS HEART RATE TRAINING ZONES

Zone	Perceived Effort	Energy System	PE
Z5 Speed/Power	Extremely Hard	ATP - CP	PE 10
Z4 Anaerobic Endurance	Very Hard	Lactic Acid	PE 8-9
At Anaerobic Threshold			
Z3 Aerobic Endurance	Hard	O2 / Lactic Acid	PE 7
Z2 Aerobic Development	Medium	O2 / Lactic Acid	PE 4-6
Z1 Warm Up	Easy	O2 / Lactic Acid	PE 1-4

### TRAINING PROGRAM DESIGN

Without going into too much detail at this point, your training plan is designed using the basic principles of progression and periodization. You'll train once or twice per day, and participate in each sport 2-3 times each week. It's important to 'listen to your body', and watch for signs of over reaching or over training! If you feel like you're not recovering from workouts, take an extra rest day!

When it comes to running, it's especially important to monitor your gauges. New runners should consider adding walk breaks in during run workouts to stabilize their heart rate. For example, jog/run for 1 minute, then walk for 30 seconds to a minute for the duration of the workout. Decrease walk breaks as your fitness improves.

Technique is important too, especially when it comes to swimming. Consider working with a coach or engage the help of a friend with swimming experience to help refine your stroke.

If all goes well, as I'm sure it will, you'll finish your program feeling rested, ready, and in the best condition in your life prepared to have a great Tri experience!

### SUPPLEMENTARY STRENGTH AND FLEXIBILITY TRAINING

We all know how important it is to be a stronger and more flexible athlete in order to achieve peak performance and avoid repetitive motion injury common to endurance sports athletes. The scope of this program is to focus on your specific tri training, staying within certain weekly time limitations. It is my recommendation however that you add a strength and flexibility component to your overall training program on a year round basis, if at all possible. Working with a local personal trainer or taking a group fitness conditioning class once or twice per week is recommended.



## Introduction and Overview of the Life Time Tri Sprint Training Program

### **NUTRITION**

Another important area of consideration when training for any event, especially endurance training for a triathlon, is your nutrition. A good nutrition program can help your training progress quickly and effectively from one level to another while an ill-conceived program can set you back in terms of your fitness progress and your health and well being. In addition, having a good race day nutrition strategy is absolutely critical to the ultimate success or failure of your Tri experience.

As with strength and flexibility training, sports nutrition is beyond the scope of this basic program. However, it's highly recommended that you consult with one of our coaches or seek outside nutrition advice in order to maximize your training energy levels and recovery.

### **MENTAL TRAINING**

Having confidence in yourself and knowing 'how to achieve' is a key to success in a challenging event like a triathlon. The desire to finish is only matched by the will to prepare and without a solid foundation of focus and determination, you'll likely fall short of your goals. Athletes are known for their 'mental toughness' and ability to deal with adversity. Be prepared to find your true self during the training process as well as on race day.

### **EQUIPMENT CHOICES**

Get the most out of your training experience by using the proper equipment for comfort and performance. I recommend obtaining the advice of a local respected coach, reputable triathlon retailer or other experienced athlete in order to 'dial in' your equipment choices. One of your most important considerations is that of proper bike fit. Remember that in any repetitive motion sport like cycling, swimming and running, small biomechanical flaws can create big problems in the form of overuse injury in the long run! Getting sound advice regarding proper bike fit, running shoe fit, etc. at the very beginning will pay off.

### **PERSONAL COACHING**

Who needs a coach? How about Tiger? Michael (J and P)? The list goes on and on. The bottom line is that we can all benefit from having an experienced coach guide our training process. A personal coach can look at your training program and progress from "30,000 Feet" and see the bigger picture of where you are now and where you need to be in order to be successful. This program provides a basic template for success but should ideally be used in combination with a coach's guidance and expertise pertaining to your personal situation. Please contact us at [info@lifetimedurand.com](mailto:info@lifetimedurand.com) if you're interested in 'raising the bar' with personal coaching guidance and advice.

I want to wish you the very best of luck with your training and preparation for the Sprint Triathlon. For more valuable training and racing tips on video, please visit our website. And if you ever have any questions, please feel free to contact me directly! We'd love to hear about your training experience as well as your results so please be sure to stay in touch.

Best Wishes,  
Coach Troy Jacobson  
Head Multisport Coach for Life Time Fitness, Inc.  
[www.lifetimefitness.com](http://www.lifetimefitness.com)



## FAQ - GETTING STARTED WITH YOUR PLAN

It's time to tie your running shoes and get started with your program. This quick reference FAQ will answer a few questions you might have regarding your program. If you have additional questions, be sure to contact us.

**Q: I notice there are some ranges for time and/or distance for each workout session. How do I determine the proper distance for me in each workout?**

A: It is up to you (perhaps with the help your coach) to determine how much distance you should cover in each workout depending on your current level of fitness and how you're feeling on that particular day. As your fitness improves, you'll notice that you'll be covering more distance in a given amount of time.

**Q: What if I get sick and cannot train for a few days during the plan?**

A: If you need to miss a day or even a few days for any reason, never try to 'catch up' by cramming lots of additional training into your routine. This is a recipe for injury and overtraining. Instead, simply pick up where you left off. If you have more than a week off the schedule, consult with your coach for advice.

**Q: What if I feel tired before a workout?**

A: You need to listen to your body and develop a highly tuned sense of self awareness. If you feel tired, start the workout at a very light pace. If after about 5-10 minutes you still don't feel strong, it might be a sign that your body needs some rest. At that point, call it a day and relax... coming back swinging on the following day. Again, contact your coach for more advice if necessary.

**Q: Swimming is the most difficult sport for me to master! How can I learn how to swim faster and more efficiently?**

A: Most adults find swimming to be the most difficult sport to master, so you're not alone! We suggest that you find a local swim club (masters program) or coach to assist you with your swim technique and training plan development. Remember, start with good habits and you'll be much better off in the long term!

**Q: Do I need to complete the workouts in the order in which they are listed on the training program?**

A: Ideally, you'll complete the workouts as listed but we realize that busy people need to squeeze workouts in whenever time allows. Therefore, we recommend that you complete the workouts as best you can, juggling them with your other daily activities.

**Q: I like to train with a group. How does this impact my training program?**

A: Training with a group can be effective and is encouraged at times, but you need to remember that when training with a group you are following the herd and not necessarily adhering to your own schedule. With that said, it's still important to train with a group at times for variety and companionship.

**Q: How do I find more information on how to do swim drills, transitions and other skills necessary for triathlon training and racing?**

A: We have a full (free) video library of swimming drills and other training tips available at [www.lifetimeendurance.com](http://www.lifetimeendurance.com). Or for other basic questions, please feel free to email us at [info@lifetimeendurance.com](mailto:info@lifetimeendurance.com) for a prompt and courteous response.

**Q: What if I only have 3-4 days a week to train?**

A: If you are not able to complete all weekly workouts, make sure you at least incorporate a swim, bike, and run workout session each week. Brick workouts (incorporating two disciplines) are a good option if your time is limited.

## Sprint Tri Training Program | 0 Years Experience

TRAINING KEY:  
 RPMS = Pedaling Revolutions per minute  
 TM = Treadmill  
 Zone (Z) = Heart Rate or Perceived Effort Training Zone  
 Intervals = Short, higher intensity efforts followed by a brief rest period.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	REST	Run 20-30 min. / Zone (Z) 2	REST	Bike 30-40 min. / Z2, 80-90 rpms	Swim A	Bike 30-40 min. / Z2, 80-90rpms	Run 20-30 min. / Z2
WEEK 2	REST	Swim A	REST	Bike 30-40 min / Z2, 85-95 rpms	Run 20-30 min., Z2	Bike 30-40 min. / Z2, 80-90 r Swim B	Run 20-30 min. / Z2
WEEK 3	REST	Swim A	REST	Bike 30-40 min / Z2, 85-95 rpms	Swim B	Bike 40-50 min. Z2, 80-90 rpms	Run 20-30 min / Z2
WEEK 4	REST	Swim A Run 20-30 min / Z2	Brick: 20-30 min bike / Z2, then run 10-20 min / Z2, (TM 1%)	Bike 30-40 min / Z2, 80-90 rpms	REST	Bike 30-40 min / Z2, 80-90 rpms	Run 20-30 min. / Z2 Swim B
WEEK 5	REST	Swim B Run 20-30 min / Z2	Brick: 20-30 min. Bike / Z2, then run 10-20 min / Z2 (TM 1%)	Bike 30-40 min / Z2 with 5 min. Z3, 85-95 rpms	REST	Bike 50-60 min. / Z2, 85-95 rpms	Run 30-40 min / Z2 Swim C
WEEK 6	REST	Swim A Run 30-40 min / Z2	Brick: 30-40 min Bike / Z2, then run 20-30 min / Z2 (TM 2%)	Swim C Bike 30-40 min / Z2 with 3 min. Z3, 85-95 rpms	REST	Bike 50-60 min / Z2, 85-95 rpms	Run 30-40 min Z2
WEEK 7	REST	Swim B Run 30-40 min / Z2, with intervals (3 x 1 min. Z3-4 @ 1 min rest)	Brick: 40-50 min bike / Z2, then run 20-30 min / Z2 (TM, 3%)	REST	Swim C	Bike 60-70 min / Z2, 85-95 rpms	Run 50-60 min. / Z2 Swim A
WEEK 8	REST	Swim C Run 30-40 min / Z2, with intervals (3x 1 min, Z3-4 @ 1 min rest)	REST	Swim B Bike 40-50 min., Z2	REST	Race Simulation! Swim .5 miles, bike 15 miles and run 3 miles, all at your best pace!	Rest day / or active recovery
WEEK 9	REST	Swim D Run 30-40 min / Z2	Brick: 50-60 min bike / Z2 then run 20 min / Z2	Bike 50-60 min / Z2 85-95 rpms	Run 20-30 min., Z2	Swim C Bike 60 min. / Z2	Run 40-50 min. / Z2
WEEK 10	REST	Swim A Run 30-40 min / Z2, with intervals (3x 1 min, Z3-4 @ 1 min rest)	Brick: 50-60 min bike / Z2 then run 30 min / Z2 (TM, 3%)	Swim B Bike 40-50 min / Z2 with 3 min. Z3-4, 85-95 rpms	Run 20-30 min., Z2	Bike 60 min. / Z2	Run 40-50 min. / Z2 Swim C
WEEK 11	REST	Swim A Run 30-40 min / Z2	Brick: 40 min bike / Z2 then run 20 min / Z2 (TM, 2%)	Swim B Bike 30-40 min / Z2 with 3 min. Z3-4, 85-95 rpms	REST	Swim C Bike 30-40 min. / Z2	Run 20-30 min. / Z2
WEEK 12	REST	Swim A Run 20 min / Z2	Brick: 30 min bike / Z2 then run 20 min / Z2 (TM, 1%)	Swim A	REST	Race Preparation - AM Bike & Run 10-15 min. each / Z2	RACE DAY! Good Luck!

## SWIM WORKOUT TRAINING GUIDE

Instructions: Match the workout noted in the training grid with the workouts found in following training key reference guide.

Workout	Description	Approx. Time/Distance
Swim A	<p>Warm up   Do as many lengths of the pool as you can do comfortably without stopping up to 200 yds total. Rest at the wall for 1 minute.</p> <p>Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, etc.) should be a drill and odd reps should be freestyle swim.</p> <p>Kick w/board for 100 yds.</p> <p>Cooldown 100-200 yds easy</p>	30- 45 min. / 600- 800 yds
Swim B	<p>Warm up 100 yds easy</p> <p>Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on form and/or a drill.</p> <p>Kick with fins and board for 200 yds.</p> <p>Swim 8 x 25 yds steady @ 10 sec rest. Push the pace every other rep.</p> <p>Cooldown 100 yds easy</p>	30-45 min. / 800-1000 yds
Swim C	<p>Warm up 100-200 yds</p> <p>4x50 drill (your choice) @ 15 sec rest</p> <p>2x100 kick w/board and fins @15 sr</p> <p>3 x 100 swim @ 20-30 sec rest. The odd reps should be easy, focused on form and the even 100's should be 'race pace'.</p> <p>3 x 50 kick w/board and fins @ 10 sr.</p> <p>Cool down 100-200 yds easy</p>	30-45 min. / 800-1000 yds
Swim D	<p>Warm up 100-200 yds</p> <p>2 x 250 yds steady, moderate - hard swim @ 1-2 min. Rest</p> <p>Cool down 100-200 yds easy</p> <p>Focus on good form, not speed. Even split the swim, stretching it out and relaxing.</p>	30-40 min. / 600-800 yds



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## THE HEALTHY WAY OF LIFE COMPANY

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There is inherent risk of injury, whether caused by me or someone else, while participating in endurance sports training and in the use of or presence at a Life Time Fitness center, the use of Life Time Fitness' equipment and services, and participation in this or any other Life Time Fitness' programs. I understand that sports training and endurance is an extreme test of a person's physical and mental limits and carries with it the potential of for death or serious injury. This risk includes, but is not limited to (a) injuries arising from the use of any of the Life Time Fitness' centers or equipment, including any accidental or "slip and fall" injuries; (b) injuries arising from participation in supervised or unsupervised activities and programs within a Life Time Fitness center, to the extent sponsored or endorsed by Life Time Fitness; (c) injuries arising from participation in supervised or unsupervised activities and programs recommended by a Life Time Fitness endurance coach; (d) injuries or medical disorders resulting from exercise at a Life Time Fitness center, including, but not limited to heart attacks, strokes, heart stress, sprains, broken bones and torn muscles or ligaments; and (e) injuries resulting from the action taken or decisions made regarding medical or survival procedures.

I understand and voluntarily accept this risk, I agree to specifically assume all risk of injury, whether physical or mental, as well as all risk of loss, theft or damage of personal property while I am participating in this or any other Life time Fitness program, using or present at any Life Time Fitness center, using any lockers, equipment or services at any Life Time Fitness center or participating in Life Time Fitness' programs, whether such programs take place inside or outside of a Life Time Fitness center. I waive any and all claims or actions that may arise against LTF Club Operations Company, Inc. ("LTF Operations"), its parent companies, affiliates, subsidiaries, successors, assigns, independent contractors and agents as well as each party's owners, directors, employees or volunteers as a result of any such injury, loss, theft or damage, including and without limitation, personal, bodily or mental injury, economic loss or any damage resulting from the negligence of LTF Operations, its parent companies, affiliates, subsidiaries, successors, assigns, agents, independent contractors or anyone else using a Life Time Fitness center. If there is any claim by anyone based on any injury, loss, theft or damage that involves me, I agree to defend LTF Operations, its parent companies, affiliates, subsidiaries, successors, assigns, agents and independent contractors against such claims and pay such parties for all expenses relating to the claim, and indemnify LTF Operations, its parent companies, affiliates, subsidiaries, successors, assigns, agents and independent contractors for all obligations resulting from such claims.

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