

Indoor Triathlon Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Swim: Work out #1	Bike: 40 min. steady zone 2 (comfortable pace)	Swim: Work out #2	Run: 30 min. zone 2 intensity (comfortable pace)	Day Off	Bike: 30-35 min - steady zone 2 pace (Accumulate 10 minutes in zone 3)	Brick: 50 min. Bike: 35 min. 15 min zone 2, 12 min. zone 3. 8 min. zone 3-4 Run: 15 min zone 2
Week 2	Day Off	Swim: Work out #3	Brick: 40 min. Bike: 30 min. Run: 10 min Both sports steady zone 2	Swim: Work out #4	Run: 20 min (5-10 min. zone 3 pace)	Bike: 45 min. (Accumulate 15 min. in zone 3.)	Brick: 50 min. Bike: 30 min. zone 2 Run: 20 min. Begin in zone 2, then 4x3 min. (1 min. RI) into zone 3 intensity
Week 3	Day Off	Run: 30 min zone 2 (comfortable pace)	Swim: 500-600 yards steady zone 2	Bike: 50 min. steady zone 2 pace	Run: 20 min. zone 2	Day Off	Swim: 600 yds zone 2
Week 4	Brick: 1:00 Bike: 45 min. Run: 15 min (Both sports in a negative split manner. First half in zone 2, second half in zone 3.)	Swim: Work out #5	Run: 30 min. Run at zone 2-3 intensity; no more than 15 minutes in zone 3	Swim: Work out #6	Brick: Bike: 30 min. Run: 15 min Both sports steady zone 2 intensity	Day Off	Brick: 55 min. Bike: 35 min. Begin in zone 2, then 4 x 4 min. (1 min. RI) into zone 3 intensity Run: 20 min. zone 2 (easy comfortable intensity)
Week 5	Swim: Work out #7	Bike: 40 min. mostly at a steady zone 2 (Within the ride include 3 x 90 sec. working up to zone 3 -4 intensity and hold it steady. Take 3 min. RI between each 90 sec.)	Run: 25 min. zone 2	Swim: Work out #8	Bike: 50 min. steady zone 2 pace	Day Off	Brick: 50 min. Bike: 35 min. Begin at zone 2, with last 10 min. in zone 3 intensity Run: 15 min. steady zone 2
Week 6	Day Off	Swim: Work out #9	Day Off	Run: 25 min. Easy pace	Day Off	Bike: 20 min. Easy pace	Race Day