



Fort Dodge Community Rec. Indoor Triathlon
Saturday February 27th, 2010

Indoor Triathlon Training Schedule

The training plans utilize abbreviations and special terms to optimize space on the chart. Those abbreviations and terms are as follows:

4 x 3 min. (1 min. RI) into zone 3 intensity: This is a shorthand example for three-minute intervals performed 4 times with a one-minute rest interval. After the warm-up, begin timing the interval as soon as you begin the effort. Hold that (zone 3 intensity – race pace/uncomfortable) intensity until the end of the interval time assigned. Take a one-minute recovery in zone 1 between each 3 minute interval.

Brick: A bike ride immediately followed by a run.

Min.: Minute

Negative split: A workout in which the second half of the assigned distance or time is faster than the first half.

RI: Rest Interval

Sec.: Second

Zone 1: Easy Warm – up & Recovery

Zone 2: Challenging, but Comfortable, Steady Aerobic Pace

Zone 3: Challenging & Uncomfortable: Race Pace

Zone 4: Breathless; Not Maximum, but Winded

Swim Workout Number and Main Set Description for the Beginner Plan

1. 8 x 75 yards (20-second RI)
2. 4 x 75 yards (20-second RI), 6 x 50 (20-second RI); swim 50s faster than 75s
3. 4 x 100 yards (20-second RI), 4 x 50 (20-second RI); swim 50s faster than 100s
4. 5 x 100 yards (20-second RI)
5. 4 x 150 yards (20-second RI)
6. 3 x 200 yards (20-second RI)
7. 500-yard steady swim
8. 1 x 200 yards (20-second RI), 2 x 100 (20-second RI), 4 x 50 (20 second RI). Each swim set faster than the previous one.
9. 6 x 50 yards (20-second RI); each 50 faster than the previous one.

Notice that only the main set is assigned, and this is the minimum recommended swimming distance for each numbered workout. If you have more swimming skill or more time, include a warm-up set of 100-300 yards and a similar cool-down.

If you are looking to minimize pool time, make the first few yards a gentle warm-up and the last few yards a gentle cool-down. Keep most of the swimming intensity in zone 2 (comfortable pace). Some of the workouts include faster swimming. "Fast" in this case means your goal race pace or slightly faster.

*if it works better for you to rearrange the workout days, that's no problem. Just try to keep 48 hours between similar workouts. For example, swim on Tuesday and Thursday as opposed to Tuesday and Wednesday.

****We will hold classes for the weekend brick workouts – class times will be posted. Sign ups will be available at the front desk.**