

FOR ALL FIRSTTIME TRIATHLETES - SUGGESTED WORKOUT 6 WEEKS FROM RACE DAY... JUNE 6<sup>TH</sup> – RIDGEFIELD, CT...TriRIDGEFIELD

The following workout regimen is Brian's 6-weeks-out plan for himself. The workout is designed for someone who has been training for at least one month and has six weeks until a sprint triathlon. Everyone should know their limitations when it comes to exercise. If you choose to follow some or all of this workout and find an exercise to be too difficult, scale it down or stop. Brian created this regimen after combining years of coached athletic training with his own knowledge of fitness; it's not a professional opinion so please follow at your own risk. But at the same time remember this is about pushing yourself (at your own individual pace and under the guidance of a professional trainer if you feel its necessary).

Brian, Andy and Scott are exhausted after each workout. When they start to feel that finishing that same daily run is "easy", they step it up and increase the incline, pace or distance. If you feel that your workout is missing something and you'd like to learn more about how Brian pushes himself feel free to e-mail him at [bfal197@gmail.com](mailto:bfal197@gmail.com).

6 weeks out -

- day 1: 45 min stationary bike / 10 min stair stepper (no holding on – stand straight up)
- day 2: 30 min pool work – try to shoot for 4 sets of 10 laps in a 25 meter pool / 1 mile run
- day 3: OFF STRETCH
- day 4: 20 min stationary bike / 20 min treadmill (hard run on 3% incline)
- day 5: pool work – stagger distances...start with 4 laps...go to 6...8. / 1 mile run outside
- day 6: 15 min stationary bike / 25 min stair stepper – no holding on!!
- day 7 : OFF STRETCH!!

5 weeks out –

- day 1: 45 min run outside – interval training – try to stagger 85% effort with 25% effort while running.. go at 85% for 200-400 meters...jog 200 meters at 25%
- day 2: OFF
- day 3: 30 min pool work – 4 sets of 10 laps / 2 mile run
- day 4: 45 min bike (spin bike or bike being used for race) / 20 min on stepper
- day 5: pool work – increase lap count every set / 1 mile run – 80% - hard run
- day 6: OFF
- day 7: 4 mile run outside / 15 min stepper

4 weeks out –

- day 1: OFF
- day 2: 30 min on treadmill – increase incline and speed the whole time / 20 lite spin on bike
- day 3: 30 min spin bike hard / 20 min lite run on treadmill with 3-5% incline
- day 4: OFF

day 5: 45 min on bike outside / 2 mile run  
day 6: DOUBLE SESSION – morning 30min swim.... Then 20 min slow run / 30  
stair stepper  
day 7: 45 min spin bike - alternating tension aggressively

3 weeks out –

day 1: 45 min bike / 6 mile run  
day 2: OFF  
day 3: OFF  
day 4: 30 min swim – 5 sets of 10 laps / 3 mile run  
day 5: DOUBLE SESSION - morning 40 min bike..... afternoon 5 mile run / 15  
min stepper  
day 6: DOUBLE SESSION - 3 mile run / 20 min spin bike... afternoon 30 min  
swim  
day 7: 30 min bike outside – real lite – stretch a lot after!!!

(We like to refer to the next 2 weeks as the “tapering down period” – working out less time, with less intensity and trying to rest more, while still keeping up your conditioning)

2 weeks out –

day 1: OFF  
day 2: 45 min bike  
day 3: 30 min treadmill / 15 min elyptical  
day 4: 20-25 min swim / 15 min treadmill on incline  
day 5: OFF  
day 6: OFF  
day 7: 20 min spin bike / 20 min treadmill

1 week out –

day 1: 30 min outdoor run - STRETCH  
day 2: 30 min outdoor bike – STRETCH  
day 3: OFF.....STRETCH!!!  
day 4: OFF.....STRETCH!!  
day 5: 20 min elyptical – NO MORE!!!  
day 6: short run outside....stretch plenty after  
day 7: OFF

What commonly happens to athletes the closer the date of competition nears, is they think they're not prepared enough and workout too much. Kind of like preparing for an exam, everyone likes to cram in the end. This SHOULD NEVER HAPPEN when competing in endurance races. If you stay on track with the schedule – you WILL BE READY!! Don't over-train in the last 2 weeks, even if you feel “good” or if you feel you're not doing enough. I promise this will be more negative than positive for your race. Drink plenty of water and be sure to EAT and SLEEP A LOT!! Follow the diet on the TFA facebook page for diet suggestions during training.

Note: stair stepper – the machine with the little foot peddles that go up and down ...not the revolving stepper...