

One Step Beyond multisport coaching

The Beginner sixteen-week Olympic distance triathlon plan is for athletes with a minimal amount of triathlon training experience and intermediate single-sport athletes. Athletes should be able to run or walk 20 minutes, ride a bike for 30 minutes, and know the basics of freestyle (front crawl) swimming.

The general workout structure includes:

- Day off – Monday
- Two or three swims (two pool and one open water in later weeks)
- Two or three runs
- Two or three bikes
- One general strength training session on most weeks

This plan is built in a periodized manner and includes heart rate threshold testing and races or good places to plan for a sprint triathlon. The weekly training volume (all sports) is:

Week 1 – 3 hours

Week 2 – 3.5 hours

Week 3 – 4 hours

Week 4 – 3 hours and bike threshold testing

Week 5 – 5 hours

Week 6 – 5.5 hours

Week 7 – 6 hours and run threshold testing

Week 8 – 5 hours and racing

Week 9 – 7 hours

Week 10 – 7.5 hours and bike testing

Week 11 – 7.5 hours and run testing

Week 12 – 6.2 hours and racing

Week 13 – 7.8 hours

Week 14 – 8.5 hours (biggest week of training)

Week 15 – 6.5 hours

Week 16 – 3 hours and Olympic distance triathlon

There are a number of optional sessions and adjustments described within the plan for newer or more experienced single sport athletes.

The plan uses perceived effort (easy/medium/hard) or Friel heart rate training zones.

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Some useful article links that support this schedule:

[Training Zones](#)

[Running Drills](#)

[Training Paces](#)

[Nutrition Habits](#)

[Triathlon Swimming](#)

You will find quite a few more articles on the [One Step Beyond website](#).

Please email Coach Marty directly at marty@osbmultiposport.com for any schedule questions. I'll do my best to provide constructive ideas but don't provide detailed personal adjustments for a Prepared Steps plan.

For Trainingpeaks support issues, please visit the Trainingpeaks.com bulletin board at www.trainingpeaks.com.

Thanks!

Enjoy your sport,
Marty Gaal
One Step Beyond
919.975.5274
marty@osbmultiposport.com