



Beijing International Triathlon TRAINING GUIDE

BEGINNER



Created by Escape Academy Head Coach: Eric Gilsenan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	BUILD						
	SWIM	30 MINS/1000 M			30 MINS/1000 M		
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1 HR/24 KM	REST
	RUN		30 MINS/5 KM			30 MINS/5 KM 20 MINUTES	
2	BUILD						
	SWIM	30 MINS/1000 M			30 MINS/1000 M		
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1 HR/24 KM	REST
	RUN		30 MINS/3 KM	WITH 10 MINS Brick		30 MINS/5 KM 20 MINUTES	
3	BUILD						
	SWIM	40 MINS/1200 M			30 MINS/1000 M		
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1.5 HR/32 KM	REST
	RUN		40 MINS/6.5 KM	WITH 15 MINS Brick		40 MINS/6.5 KM 20 MINUTES	
4	BUILD						
	SWIM	40 MINS/1200 M			30 MINS/1000 M		
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1.5 HR/32 KM	REST
	RUN		40 MINS/6.5 KM	WITH 20 MINS Brick		40 MINS/6.5 KM 20 MINUTES	
5	RECOVER						
	SWIM	30 MINS/1100 M					
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE	REST	1.5 HR/32 KM	REST
	RUN		35 MINS/5.5 KM	WITH 10 MINS Brick		35 MINS/5.5 KM 25 MINUTES	
6	RECOVER						
	SWIM	45 MINS/1400 M			30 MINS/1000 M		
	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1.5 HR/32 KM	REST
	RUN		50 MINS/8 KM	WITH 20 MINS Brick		50 MINS/8 KM 25 MINUTES	



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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7							
SWIM	45 MINS/1300 M			30 MINS/950 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			1.5 HR/32 KM	REST
RUN		50 MINS/8 KM	WITH 20 MINS Brick		50 MINS/8 KM	25 MINUTES	
8							
SWIM	50 MINS/1400 M			30 MINS/950 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			1.5 HR/32 KM	REST
RUN		60 MINS/10 KM	WITH 20 MINS Brick		50 MINS/8 KM	30 MINUTES	
RECOVER							
9							
SWIM	30 MINS/1000 M						
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE	REST		1.5 HR/32 KM	REST
RUN		35 MINS/5.5 KM	WITH 10 MINS Brick		35 MINS/5.5 KM	25 MINUTES	
10							
SWIM	50 MINS/1500 M			40 MINS/1100 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			1.75 HR/40 KM	REST
RUN		60 MINS/10 KM	WITH 30 MINS Brick		50 MINS/8 KM	35 MINUTES	
11							
SWIM	60 MINS/1600 M			40 MINS/1100 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			1.75 HR/40 KM	REST
RUN		55 MINS/9 KM	WITH 25 MINS Brick		50 MINS/8 KM	35 MINUTES	
12							
SWIM	50 MINS/1400 M			30 MINS/1000 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			RACE DAY	
RUN		30 MINS/5 KM	WITH 10 MINS Brick		STRETCH		