



# Beijing International Triathlon TRAINING GUIDE

## BEGINNER



Created by Escape Academy Head Coach: Eric Gilsenan

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



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