



Beijing International Triathlon TRAINING GUIDE

BEGINNER



Created by Escape Academy Head Coach: Eric Gilsenan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	B						
	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	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	
	SWIM	40 MINS/1200 M			30 MINS/1000 M		
3	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	
	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		
4	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	
	SWIM	30 MINS/1100 M					
5	BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		1.5 HR/32 KM	REST
	RUN		35 MINS/5.5 KM	WITH 10 MINS Brick		35 MINS/5.5 KM 25 MINUTES	
	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		

2013 Beijing International Triathlon Training Plan - Beginner
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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7							
SWIM							
BIKE							
RUN							
8							
SWIM							
BIKE							
RUN							
9							
SWIM	30 MINS/1000 M						
BIKE							
RUN							
10							
SWIM	50 MINS/1800 M						
BIKE							
RUN							
SWIM	60 MINS/1600 M						
BIKE							
RUN							
SWIM	50 MINS/1400 M						
BIKE							
RUN							