

8 WEEK TRAINING PROGRAM FOR SPRINT TRIATHLONS BY HAL HIGDON

DOWNLOADED FREE FROM WEBSITE WWW.HALHIGDON.COM

SLIGHTLY MODIFIED ORDER OF WORKOUTS TO FIT MY SCHEDULED EVENT

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1 APR 20 - 26	REST	BIKE 45 STRENGTH	RUN 30	SWIM 20 RUN 25	STRENGTH	RUN 30	SWIM 30 RUN 30
2 APR/MAY 27 - 3	REST	SWIM 15 RUN 30	BIKE 30 RUN 15	RUN 30 STRENGTH	STRENGTH	RUN 35	SWIM 30 BIKE 30
3 MAY 4 - 10	REST	BIKE 50 STRENGTH	RUN 35	SWIM 30 RUN 20	STRENGTH	RUN 40	SWIM 30 RUN 45
4 MAY 11 - 17	REST	SWIM 30 RUN 15	BIKE 40 RUN 10	RUN 30 STRENGTH	STRENGTH	RUN 45	ALL 3 90 MIN
5 MAY 18 - 24	REST	BIKE 30 STRENGTH	RUN 40	SWIM 30 RUN 25	STRENGTH	RUN 50	SWIM 30 RUN 45
6 MAY 25 - 31	REST	SWIM 15 RUN 40	BIKE 40 RUN 15	RUN 40 STRENGTH	STRENGTH	RUN 55	SWIM 30 BIKE 60
7 JUN 1 - 7	REST	BIKE 40 STRENGTH	RUN 45	SWIM 30 RUN 30	STRENGTH	RUN 60	SWIM 30 RUN 60
8 JUN 8 - 14	REST	SWIM 30 RUN 30	BIKE 30 RUN 30	RUN 30	REST	REST	TRIATHLON IN ST.GEORGE

According to Hal Higdon--In the schedule, prescribed workouts are expressed in minutes rather than miles. You can do the exercises at whatever pace you want to set for yourself. Running even a short distance after a long swim or ride helps your legs recover for the next day. The "strength" training suggests that you do weight training in a fitness center. Light weights and high reps usually work the best for runners and triathletes. Strength training should focus on core, quads, hamstrings, calves, knee push and pull exercises, push-ups and pull-ups, ITB bands, use of free weights and other equipment at the gym are recommended. Doing some light stretching of your running muscles is advised on a regular basis, I plan to add stretching to whenever I do lifting and of course a little after each workout. This schedule can be modified to focus on whatever area you want to but I think this has a pretty good balance but definitely focuses more on running. This can also be adapted to really whatever length of time also; 4 to 6 week programs.

I am planning on using this workout because it matches my time-line and is working on the events that I am interested in for the triathlon. The time line can be adjusted individually for each person. I am still very interested in seeing those swimming workouts that can be integrated quite nicely in this plan. This plan would be a lot less "rep" counting and focus more on minute counting. We could include a tally sheet for reps for strength training if we wanted. I also think it is still important for me to try to watch my calorie intake and quality of calories in my diet so that would be okay for me to have included as well.

Let me know what you think. This is basically working out every week for an average of 240 min. plus strength training.