**What’s a Triathlon**

A triathlon is a multisport endurance race consisting of three consecutive disciplines:

1. **Swimming**

2. **Cycling**

3. **Running**

Athletes complete these in immediate succession, with the clock running continuously from start to finish, including transitions between each discipline.

🏊‍♂️ **Swim** → 🚴‍♀️ **Bike** → 🏃‍♂️ **Run**

Each leg varies in distance depending on the race type:

**Type Swim Bike Run**

Sprint 750m 20km 5km

Olympic 1.5km 40km 10km

Half Ironman 1.9km 90km 21.1km

Ironman 3.8km 180km 42.2km

**Key Elements**

Transitions (T1 and T2):

T1: Swim to Bike

T2: Bike to Run

Practicing fast transitions is part of triathlon strategy.

**Training**: Triathletes train in all three disciplines, often combining two in a “brick session” (e.g., bike + run).

**Gear**: Triathletes typically use wetsuits, road/triathlon bikes, and running shoes. In longer races, nutrition strategy becomes crucial.

**Popularity**

Triathlons are popular worldwide, from local events to major competitions like:

Ironman World Championship (Kona, Hawaii)

Olympic Triathlon

ITU World Triathlon Series:

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**Great**! Let’s break it down step by step to help you get started in triathlon, choose the right race, and train effectively.

**Step 1: Choose Your Distance**

Pick a race that matches your current fitness level and goals:

If you are New to Triathlon, New to endurance sports Sprint Triathlons are a good place to Start. Maybe a Sprint pool based event like (400mtr swim, 20km bike, 5km run) or an open water sprint (750mtr swim, 20km bike, 5km run)

**Step 2: Essential Gear**

You don’t need fancy gear to start. Here’s the basic kit:

**Swim:** Goggles, swimsuit or tri-suit, optional wetsuit (for open water)

**Bike:** Road bike (any type will do), helmet, bike shoes or sneakers

**Run**: Comfortable running shoes

**Other**: Triathlon suit (optional), water bottle, towel for transition area

**Step 3**: Start Training

Train 3–6 days a week depending on your race and schedule. A typical week might look like:

**Sprint Triathlon Sample Week**:

**Daily Workout Example**

**Monday** Rest or light swim

**Tuesday** Bike + short run (brick workout)

**Wednesday** Swim

**Thursday** Run

**Friday** Rest or easy ride

**Saturday** Long bike

**Sunday** Long run + short swim

**Step 4: Learn Transitions**

Practice how to move quickly from:

Swim to Bike (T1): Remove wetsuit, helmet on, bike shoes, go.

Bike to Run (T2): Dismount bike, change into running shoes, go.

Even a few minutes saved in transitions can make a big difference!

**Step 5: Mental Prep & Nutrition**

**Fuel: F**or longer races, practice eating/drinking on the bike.

Mind-set: Stay calm in open water and pace yourself on the bike so you can finish strong in the run.

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**Here's a Very Simplified 8-week** Sprint Triathlon Training Plan designed for beginner to intermediate athletes. It builds gradually in volume and includes all three disciplines, brick sessions, rest days, and optional strength or mobility work.

**Race Goal:** Sprint Triathlon (750m swim • 20km bike • 5km run)

**Plan Duration: 8 Weeks**

Weekly Time Commitment: ~4 to 7 hours

Assuming You can swim 100m, bike for 20 minutes, and run/walk for 15 minutes

**Weekly Schedule Template Example**

**Monday** Rest or Active Recovery

**Tuesday** Bike + Short Run (Brick)

**Wednesday** Swim

**Thursday** Run

**Friday** Swim or Strength/Core

**Saturday** Long Bike

**Sunday** Long Run + Optional Swim

**Weeks 1–2** (Base Building)

**Easy effort,** focus on form and consistency.

Swim (2x/week) 400–600m drills + easy laps

Bike (2x/week) 30–45 min easy rides, one with hills or intervals

Run (2x/week) 20–30 min steady run or run/walk

Brick 20 min bike + 10 min run

**Weeks 3–4 (Endurance & Efficiency**)

Add intervals, focus on transitions, increase time.

Swim 600–800m w/ drills (kick, pull, sighting)

Bike 45–60 min (include 5x3 min harder efforts)

Run 30–40 min, build to 5k

Brick 30 min bike + 15 min run

**Weeks 5–6 (Race-Specific Intensity)**

Add tempo efforts, practice race pace.

Swim 800–1000m w/ sustained efforts (e.g., 3x200m)

Bike 60 min, include 4x5 min at race pace effortRun 35–45 min, include 2x8 min at tempo pace

Brick 40 min bike + 20 min run

**Week 7 (Peak Training Week)**

Highest volume, full race simulation.

Swim: 1000–1200m continuous

Bike: 75–90 min including 15–20 min at race pace

Run: 45 min with 20 min at race pace

Brick: 45 min bike + 25 min run

Optional: Mini race simulation (Swim 500m + Bike 15km + Run 4km)

**Week 8 (Taper & Race Week)**

Reduce volume, keep intensity sharp, **Focus**

**Mon** Rest

**Tue** Short brick (15 min bike + 10 min run)

**Wed** Swim 500m with drills

**Thu** 20 min easy run

**Fri** Rest

**Sat** Light swim/bike (optional)

**Sun** Race Day!

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**Notes:**

**What does tempo effort mean?**

The idea is that you run, cycle, swim at a pace that feels challenging, but which isn’t so challenging that you can’t sustain it without a break for at least 20 minutes. Unlike with interval and fartlek training, a tempo run is all about maintaining the pace for the full run without slowing down or walking at all.

**Intervals:**

Interval training combines alternating short and fast bursts of intense interval exercise with slower, easier activity.

**Fartlek:**

**“**speed play,” is a running workout that involves alternating between faster and slower paces within a continuous run, without set intervals or rest periods. It’s a less structured form of interval training, allowing runners to adjust speed and intensity based on feel and terrain, rather than rigid time or distance markers:

**Swimming drills**

Swimming Drills are exercises that isolate and refine specific aspects of swimming technique. They help swimmers improve efficiency, speed, and overall performance by focusing on individual components of the stroke,

Such Drills as Single Arm, Finger Drag, Catch up, Fist, all examples of these drills can be seen on YouTube.