

8-Week Fever River Adventure Triathlon Training

Beginner : Ave 4 - 6 hours/week

| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|------------------------------|-------------------------|--------------------------|---|---------------------|----------------------|-------------------------------------|
| Core Strength 30 - 45mins | Run 20 mins | Bike 30 mins | Run 20 mins Strength 30 mins | | Bike 45mins | Paddle Technique One Hour |
| Core Strength 30-45mins | Run 20 - 30 mins | Bike 30-45 mins | Run 20 mins Core Strength 30 mins | | Bike 45 mins - Hr | Paddle Technique One Hour |
| Core Strength 30-45mins | 5K Run Test | Bike 30-45 mins | Core Strength 30-45mins | | 17 mile Bike Test | 5 mile Paddle Test |
| | Run Tempo 25 mins | Bike 30-45 mins | Paddle 45 mins: Intervals | Run 20 - 30 mins | Bike One Hour | Paddle 45 mins: Steady State |
| | Run Tempo 25-30 mins | Bike 30 – 45 mins | Paddle 45 mins: Intervals | Run 20 - 30 mins | Bike One Hour | Paddle 45 mins: Steady State |
| | 5K Run Test | Bike One 17 mile Test | Paddle 45 mins: Intervals | | Bike to Run Brick | 6 mile Paddle Test |
| | Run Tempo 20 mins | Bike One Hour | Paddle 45 mins: Intervals | | Bike to Run Brick | Paddle One Hour: Steady State |
| | 5k Run | | 17 mile Bike | Rest | RACE | |

The Programs above are meant to be flexible. This plan is designed to allow you to workout according to your daily schedule and the number of hours you have available for workouts each week . The minimum is 4 workout hours. You may follow the plans exactly, or you may eliminate a workout or two per week. You see, it's flexible (realistic) . . . The key is to stick to the RULES.

THE RULES:

1. Exercise a minimum of one of each discipline, Run, Bike, Paddle and Core Strength(weeks that apply) every week. For most athletes, just once a week paddling will prove to be a challenge. If you miss a paddle workout, try to make up for it during the next week.
2. Training in Heart Rate Zones, though not absolutely necessary, is highly recommended. The key benefit of Heart Zone training is its scientific method of insuring you're working hard enough.
3. Log your workouts daily. Whenever you can, include the Time of day, Total workout time, Average Heart Rate, Peak Heart Rate, and How you felt during the workout. Adding route information, weather, etc. are helpful also.
4. Don't forget warm-ups and cool downs. Simple 5-15 minute warm-ups prior to the main workout session, and 5-15 minute cool downs are integral to injury prevention. Cool downs may be stretching exercises.
5. If you experience muscle pain during exercise, consult your personal trainer or doctor. Muscle pain experienced after hard workouts is to be expected in the beginning. However, pain that persists during workouts, should not be ignored. It's likely an indication of a sports injury. Injuries if continually antagonized, do not cure themselves, they just get worse.
6. Make every workout count, or don't even bother! Quality over Quantity . . . always.