



# South Beach TRI TRAINING

presented by **LIFETIME**  
**ENDURANCE**

## The UnitedHealthcare South Beach Tri Training 12-Week Classic Plan 0-1 Years Experience



Developed by Coach Troy Jacobson  
Head Multisport Coach for LIFE TIME FITNESS



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Head Multisport Coach for LIFE TIME FITNESS



## Introduction and Overview of the UnitedHealthcare SOBE 12-Week Tri Classic Training Program

Congratulations! Welcome to the UnitedHealthcare 12-Week Tri Training Program for newbies! It's a pleasure to have you join us in training for your triathlon experience. By following this plan and living the triathlon lifestyle focused on regular exercise, good nutrition and personal wellness, you'll find that your health, energy and quality of life will take a step up to the next level!

### GETTING STARTED

Now that you've made the commitment both physically and emotionally to train for a Tri, it's time to 'do it'. As with anything, you want to start off on the right foot and take proper steps from day one (no pun intended!). Therefore, it's my recommendation that you begin immediately learning how to use a heart rate monitor and train according to HEART RATE TRAINING ZONES using the chart below, also known as the Metabolic Training System.

Training with Heart rate (HR) is the most effective means to monitor your exercise intensity and maximize your workouts. The fact of the matter is that each of us process fuels differently during exercise and at rest, making up our 'metabolism'. The goal of heart rate training is to train your body to process the 'right fuels' at various exercise intensities. For example, did you know that trained endurance athletes tend to use proportionately more fat when exercising than do non-athletes? Using your training heart rate as your gauge, you can train at the levels most appropriate for improving your endurance, strength and speed.

Let's take a quick minute go over the training zones used in this training program. Zone 1 training is very low intensity... 'easy does it'. It's used primarily for 'active recovery' days, after hard blocks (or days) of training in which the goal is to stay loose, keep the metabolism primed and to burn a few calories. We'll use this intensity sparingly in this plan due to the lower overall training volumes contained herein.

Lower intensity or aerobic training, also referred to as Zone 2 Training, is the best way to teach your body to burn fat as fuel more efficiently and to train your muscles for prolonged endurance activity. This intensity is 'comfortable' and manageable for long periods of time. In addition to HR, we can also take the 'talk test' to determine if you're in Zone 2. Simply stated, if you can hold a conversation when exercising, you're likely in Zone 2. Much of the training done in this program and in other novice level training programs will be at Zone 2 intensity to help you 'build your base'.

Zone 3 training intensity is a step up from Zone 2 (Z2) and focused on building primarily muscular and cardiovascular endurance. Your effort increases, as does your heart rate and work output. Zone 3 training is a little less comfortable than zone 2 training and makes it a little more difficult to talk as your breathing rate is higher and the working muscles are placed under higher demands. We do a little bit of Z3 training in this program in order to get you used to a higher level of effort. As you progress to more advanced level training programs, you'll be doing even MORE work in that Zone 3 range.

Zone 4 is where the 'rubber hits the road', so to speak. This is where holding a conversation is nearly impossible as your breathing rate is high and your muscles begin to feel the burn from the accumulation of lactic acid. The effort is sustainable, but only for limited duration as your body starts incinerating carbohydrate as it's primary source of fuel. Zone 4 training will help you realize awesome fitness gains, but is not used that often in beginner level training plans like this one. You'll see more Z4 training as you progress to more advanced training plans in the future!

Rest days are schedule often and, according to some of my athletes, are their favorite days! On rest days, I advise that you do light activity (go for a hike, play with your kids, perhaps do some light stretching or low intensity yoga) and focus on good nutrition and recovery. Remember, it's when you rest that your body gets stronger from training!



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### TRAINING INTENSITY

Below is a basic overview of the Training Intensity. If you have any questions specific to your individual zones, please inquire at your Life Time Fitness and a coach will be happy to assist you.

#### TRAINING INTENSITY SCALE

Zone	Description of Effort	% of Max Effort
Z1	Really 'Easy Does it' Pace	65 - 75%
Z2	Comfortable Conversational Pace	75 - 85%
Z3	Labored Breathing Pace	85 - 95%
Z4	Hard Effort	95+%

### TRAINING PROGRAM DESIGN

Without going into too much detail at this point, your training plan is designed using the basic principles of progression and periodization. Workouts are limited throughout most of the program to 2-3 sessions per sport. In other words, the program assumes you have a solid base of fitness and works to improve your aerobic base and endurance in the first phase. The second phase of your training plan continues with building your endurance but also begins to incorporate some strength and tempo intervals in order to boost your anaerobic threshold and ability to sustain your faster paces for longer. Going into the final 'power or speed' phase before your taper (reduced training to rest the body for race day), we'll focus on shorter and higher intensity intervals . . . akin to the "icing on the cake," so to speak.

If all goes well, as I'm sure it will, you'll come out of your taper feeling rested and in the best condition in your life prepared to have a great Tri experience!

### SUPPLEMENTARY STRENGTH AND FLEXIBILITY TRAINING

We all know how important it is to be a stronger and more flexible athlete in order to achieve peak performance and avoid repetitive motion injury common to endurance sports athletes. The scope of this program is to focus on your specific tri training, staying within certain weekly time limitations. It is my recommendation however that you add a strength and flexibility component to your overall training program on a year round basis, if at all possible. Working with a local personal trainer or taking a group fitness conditioning class once or twice per week is recommended.

### NUTRITION

Another important area of consideration when training for any event, especially endurance training for a triathlon, is your nutrition. A good nutrition program can help your training progress quickly and effectively from one level to another while an ill-conceived program can set you back in terms of your fitness progress and your health and well being. In addition, having a good race day nutrition strategy is important to the ultimate success or failure of your Tri experience.

As with strength and flexibility training, sports nutrition is beyond the scope of this basic program. However, it's highly recommended that you consult with one of our coaches or seek outside nutrition advice in order to maximize your training energy levels and recovery.



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### MENTAL TRAINING

Having confidence in yourself and knowing 'how to achieve' is a key to success in a challenging event like a triathlon. The desire to finish is only matched by the will to prepare and without a solid foundation of focus and determination, you'll likely fall short of your goals. Athletes are known for their 'mental toughness' and ability to deal with adversity. Be prepared to find your true self during the training process as well as on race day.

### EQUIPMENT CHOICES

Get the most out of your training experience by using the proper equipment for comfort and performance. I recommend obtaining the advice of a local respected coach, reputable triathlon retailer or other experienced athlete in order to 'dial in' your equipment choices. One of your most important considerations is that of proper bike fit. Remember that in any repetitive motion sport like cycling, swimming and running, small biomechanical flaws can create big problems in the form of overuse injury in the long run! Getting sound advice regarding proper bike fit, running shoe fit, etc. at the very beginning will pay off.

### PERSONAL COACHING

The bottom line is that we can all benefit from having an experienced coach guide our training process. A personal coach can look at your training program and progress from "30,000 Feet" and see the bigger picture of where you are now and where you need to be in order to be successful. This program provides a basic template for success but should ideally be used in combination with a coach's guidance and expertise pertaining to your personal situation. Please contact us at [TJacobson@lifetimefitness.com](mailto:TJacobson@lifetimefitness.com) if you're interested in 'raising the bar' with personal coaching guidance and advice.

I want to wish you the very best of luck with your training and preparation for the South Beach Triathlon. For more valuable training and racing tips on video, please visit our website. And if you ever have any questions, please feel free to contact me directly! We'd love to hear about your training experience as well as your results so please be sure to stay in touch.

Best Wishes,  
Coach Troy Jacobson  
Head Multisport Coach for Life Time Fitness, Inc.  
[www.lifetimefitness.com](http://www.lifetimefitness.com)



## FAQ - GETTING STARTED WITH YOUR PLAN

It's time to tie your running shoes and get started with your program. This quick reference FAQ will answer a few questions you might have regarding your program. If you have additional questions, be sure to contact us.

**Q: I notice there are some ranges for time and/or distance for each workout session. How do I determine the proper distance for me in each workout?**

A: It is up to you (perhaps with the help your coach) to determine how much distance you should cover in each workout depending on your current level of fitness and how you're feeling on that particular day. If you're just starting an exercise program, or if you're feeling tired or overtrained, select the lower end of the range. As your fitness improves, you'll notice that you'll be covering more distance in a given amount of time.

**Q: What if I get sick and cannot train for a few days during the plan?**

A: If you need to miss a day or even a few days for any reason, never try to 'catch up' by cramming missed workouts or lots of additional training into your routine. This is a recipe for injury and overtraining. Instead, simply pick up where you left off. If you have more than a week off the schedule, consult with your mentor or coach for advice.

**Q: What if I feel tired before a workout?**

A: You need to listen to your body and develop a highly tuned sense of self awareness. If you feel tired, start the workout at a very light pace. If after about 5-10 minutes you still don't feel strong, it might be a sign that your body needs some rest. At that point, call it a day and relax... coming back swinging on the following day. Again, contact your coach for more advice if necessary.

**Q: Swimming is the most difficult sport for me to master! How can I learn how to swim faster and more efficiently?**

A: Most adults find swimming to be the most difficult sport to master, so you're not alone! We suggest that you find a local swim club (masters program) or coach to assist you with your swim technique and training plan development. Remember, start with good habits and you'll be much better off in the long term!

**Q: Do I need to complete the workouts in the order in which they are listed on the training program?**

A: Ideally, you'll complete the workouts as listed but we realize that busy people need to squeeze workouts in whenever time allows. Therefore, we recommend that you complete the workouts as best you can, juggling them with your other daily activities.

**Q: What if I only have 3-4 days a week to train?**

A: If you are not able to complete all weekly workouts, make sure you at least incorporate a swim, bike and run workout session each week. Brick workouts (incorporating two disciplines) are a good option if your time is limited.

**Q: I like to train with a group. How does this impact my training program?**

A: Training with a group can be effective and is encouraged at times, but you need to remember that when training with a group you are following the herd and not necessarily adhering to your own schedule. With that said, it's still important to train with a group at times for variety and companionship.

**Q: How do I find more information on how to do swim drills, transitions and other skills necessary for triathlon training and racing?**

A: We have a full (free) video library of swimming drills and other training tips available at [www.lifetimeendurance.com](http://www.lifetimeendurance.com). Your mentor will also provide you with information on transitions and what to expect on race day as they big day approaches. Or for other basic questions, please feel free to email us at [info@lifetimeendurance.com](mailto:info@lifetimeendurance.com) for a prompt and courteous response.

**UnitedHealthcare SOBE 12-Week Tri Classic Training Program | 0-1 Years Experience**  
 (See Training Key for definitions of terms and abbreviations)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b>	<p>Other : Week 1 - Welcome! Workout Description: It's time to start training! Please refer to the documentation attached to this program to help guide your progress. Train safely, have fun, and Good luck! - Coach Troy www.lifetimeendurance.com</p>	<p>Run : Run 20-30 min., Zone 2            Duration (P): 0:20:00            Workout Description: Run at a comfortable pace for 20-30 minutes, depending on your fitness level. Schedule some walk breaks as appropriate. For example, jog/run for 2 minutes, then walk briskly for 1 minute, and repeat. As you gain fitness, you'll be able to run for longer intervals.</p> <p>Pre Activity Comments: Tip: Consider running on a variety of surfaces, and not just asphalt. Mix some trail running, as well as treadmill work, for a well balanced running experience that'll reduce your risk of injury.</p>	<p>Day Off : Rest</p>	<p>Bike : Bike 30-40 min., Zone 2, 80-90rpm            Duration (P): 0:30:00            Workout Description: Bike for 30-40 minutes. Focus on using good form, spinning the pedals at a cadence of 80-90 rpms, the 'sweet spot' for most cyclists. And don't bounce on the saddle! Good form and technique is always important to maintain!</p>	<p>Swim : Swim Workout A            Duration (P): 0:40:00            Distance (P): 750 yards            Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes.            Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim.            Kick for 100-150 yds with a board.            Cooldown 100-200 yds. / easy swim            Pre Activity Comments: TIP: Find a swim coach to help guide your progress! Like all sport disciplines, swim technique is crucial to long term success. Don't 'fight' the water... learn to work with the water. Establish good technique and proper stroke mechanics right now, and continue to focus on them.</p>	<p>Bike : Bike 40-60 min., Zone 2, 80-90 rpms            Duration (P): 0:40:00            Workout Description: Ride with good form and focus, cadence 80-90 rpms. Riding a stationary bike or trainer is ok, but remember that you also need to ride on the roads to develop bike handling skills.            Pre Activity Comments: TIP: Proper bike fit is crucial to your success! Invest in getting a bike fit before choosing a bike.</p>	<p>Run : Run 20-30 min., Zone 2            Duration (P): 0:20:00            Workout Description: Run steady and aerobic.</p>
<b>WEEK 2</b>	<p>Day Off : Week 2: REST DAY            Workout Description: Relax today, or do a light 20-30 min. workout. Go for a walk, or enjoy playing with your kids.</p>	<p>Swim : Swim Workout A            Duration (P): 0:40:00            Distance (P): 750 yards            Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes.            Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim.            Kick for 100-150 yds with a board.            Cooldown 100-200 yds. / easy swim</p>	<p>Day Off : REST</p>	<p>Bike : Bike 30-40 min., Zone 2, 85-95 rpms            Duration (P): 0:30:00            Workout Description: Focus on your good form. Look at joining an indoor cycling class for motivation and to learn from others.</p>	<p>Run : Run 20-30 min., Zone 2            Duration (P): 0:30:00</p>	<p>Bike : Bike 40-60 min., Zone 2, 80-90rpms            Duration (P): 0:45:00            Workout Description: Try to get out on the road if possible, to build your bike handling skills and technique. Be careful, follow traffic laws, and be mindful of motorists.</p> <p>Swim : Swim Workout B            Duration (P): 0:45:00            Distance (P): 801 yards            Workout Description: Warm up 100 yds easy, Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length.            Cooldown 100-200 yds easy.</p>	<p>Run : Run 20-30 min. Zone 2            Duration (P): 0:20:00</p>

**TRAINING KEY:**

RPMS = Pedaling Revolutions per minute  
 TM = Treadmill

Zone (Z) = Heart Rate or Perceived Effort Training Zone  
 Intervals = Short, higher intensity efforts followed by a brief rest period

Brick = A two sport workout session, quickly moving from the bike to the run

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**(See Training Key for definitions of terms and abbreviations)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 3	<p>Day Off : Week 3: REST DAY</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim Pre Activity Comments: TIP: If you swim on your own, search online for videos of swim drills to incorporate into your program. Better yet, join a Masters swim program and swim under the watchful eye of a coach!</p> <p>Run : Run 20-30 min., Zone 2 Duration (P): 0:30:00 Workout Description: Run steady, and aerobic today. Pre Activity Comments: TIP: Incorporate treadmill running into your weekly routine. Set the TM at 1-2% grade, and use that time to focus on good form.</p>	<p>Day Off : Rest Day</p>	<p>Bike : Bike 30-40 min., zone 2, 85-95 rpms Duration (P): 0:40:00</p>	<p>Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.</p>	<p>Bike : Bike 45-60 min., Zone 2, 80-90 rpms Duration (P): 0:45:00 Workout Description: Stay focused on your good form and technique. And as your workouts get longer, training nutrition becomes even more important. Hydrate well.</p>	<p>Run : Run 30-40 min., steady, zone 2 Duration (P): 0:30:00 Workout Description: Run steady!</p> <p>Pre Activity Comments: Tip: Try some yoga! Most endurance athletes lack flexibility and strength, and a consistent diet of yoga will pay off in the long term.</p>
WEEK 4	<p>Other : Week4: REST DAY</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim</p> <p>Run : Run 20-30 min steady, zone 2 Duration (P): 0:30:00</p>	<p>Brick : Bike 20-30 min., zone 2, then run 10-20 min., Zone 2 Duration (P): 1:00:00 Workout Description: A brick workout , where you transition from the bike to the run, simulates the effort you'll discover on race day! Work to shorten your rest between the bike and run by preparing your 'transition area'. Practice, practice, practice!</p>	<p>Bike : Bike 30-40 min. steady, zone 2, 80-90 rpms Duration (P): 0:40:00</p>	<p>Day Off : Rest Day</p>	<p>Bike : Bike 45-60 min steady, zone 2, 80-90rpms Duration (P): 0:40:00 Workout Description: Steady ride, with good form. Try to get out on the road, practicing on the same bike you'll use on race day!</p>	<p>Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.</p> <p>Run : Run 20-30 min., Zone 2 Duration (P): 0:30:00</p>

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	<p>Day Off : Week 5: REST DAY</p>	<p>Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.</p> <p>Run : Run 20-30 min. steady , zone 2 Duration (P): 0:30:00</p>	<p>Brick : Brick, 20-30 min bike, Zone 2, then run 10-20 min. / Zone 2 Duration (P): 1:00:00</p>	<p>Bike : Bike 30-40 min., zone 2, with 5 minutes of race pace tempo (zone 3, 85-95 rpms) Duration (P): 0:40:00</p>	<p>Day Off : Wildcard day Workout Description: As your fitness improves, your day of complete rest may become an 'active recovery day', whereby you do a light workout, to keep the engine running! Go for a brisk walk, or get on the elliptical trainer for 20-30 minutes. Enjoy another form of light activity, or just take it easy and rest!</p>	<p>Bike : Bike 50-60 min., zone 2, 85-95 rpms Duration (P): 1:00:00</p>	<p>Run : Run 30-40 min., Zone 2 Duration (P): 0:30:00 Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest 2 x 100 kick w/board and fins @ 15 sec rest 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest Cooldown 100-200 Free</p>
WEEK 6	<p>Day Off : Week 6: REST DAY</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim</p> <p>Run : Run 30-40 min aerobic , zone 2 Duration (P): 0:30:00</p>	<p>Brick : Bike 30-40 min, zone 2, then run 20-30 min., Zone 2 Duration (P): 1:15:00</p>	<p>Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest 2 x 100 kick w/board and fins @ 15 sec rest 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest Cooldown 100-200 Free</p> <p>Bike : Bike 30 - 40 min Zone 2, with 3 minutes of race pace tempo (Z3) Duration (P): 0:40:00</p>	<p>Day Off : REST</p>	<p>Bike : Bike 50-60 min. steady, Zone 2, 85-95 rpms Duration (P): 1:00:00</p>	<p>Run : Run 30-40 min. steady, zone 2 Duration (P): 0:40:00</p>

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 7	Day Off : Week 7: REST DAY	Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.  Run : Run 30-40 min., zone 2 with intervals Duration (P): 0:40:00 Workout Description: 3 x 1 min. tempo (5K pace) @ 1 min. rest	Brick : Bike 40-50 min, then run 20-30 min. / Zone 2 Duration (P): 1:15:00 Workout Description: Increasing the duration of some of the workouts, so stay focused on good training nutrition, including proper hydration.	Day Off : Rest day	Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest 2 x 100 kick w/board and fins @ 15 sec rest 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest Cooldown 100-200 Free	Bike : Bike 60-70 min. / zone 2, 85-95 rpms Duration (P): 1:00:00	Run : Run 50-60 min. steady, Zone 2 Duration (P): 0:50:00  Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim
WEEK 8	Other : Week 8: REST DAY	Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest 2 x 100 kick w/board and fins @ 15 sec rest 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest Cooldown 100-200 Free Run : Run 30-40 min., Zone 2, with intervals Duration (P): 0:30:00 Workout Description: After a 10-15 min warm up, do a set of 3 x 1 min intervals (faster running speeds, near 5 k pace) @ 1 min rest	Day Off : Rest Day Workout Description: Relax today.	Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy. Bike : Bike 40-50 min, Steady, Zone 2 Duration (P): 0:45:00	Day Off : Rest Day	Other : Race Simulation! Fun! Duration (P): 1:30:00 Workout Description: You've been training hard, so let's see how things are coming together for you with a practice race! Swim .5 miles at your best pace. Bike 10-12 miles at your best pace, then run 2-3 miles at your best pace. Have fun today, and see what you can do!	Day Off : Rest day Workout Description: Your legs might be a little bit sore today from yesterday's practice race... so take it easy. Go for a light 30 min spin around the block, or rest!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 9	<p>Other : Week 9: REST DAY</p>	<p>Swim : Swim Workout D Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds 2 x 250 free ; steady moderate - hard pace @ 1 -2 min rest Cooldown 100-200 easy Focus on good form, not speed. Push the pace, but even split your reps.</p> <p>Run : Run 20-30 min. Zone 2</p>	<p>Brick : 50-60 min bike (Zone 2), then run 20 min. (Zone 2) Duration (P): 1:20:00</p>	<p>Bike : Bike 50-60 min. Zone 2, 85-95 rpms Duration (P): 1:00:00</p>	<p>Run : Run 20-30 min. steady, Zone 2 Duration (P): 0:30:00 Workout Description: Let's add a few 'pick ups' today! After warming up for 10 minutes or more, as needed, do a few 30-45 sec. 'pick up' or 'striders' to work on leg speed and turnover. Rest for 30-60 seconds between each one, and repeat 3-5 times. This is 'speedwork' or interval training... and something you'll certainly want to do more of as you gain experience! It'll make you faster!</p>	<p>Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest. 2 x 100 kick w/ board and fins @ 15 sec rest 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest. Cooldown 100-200 Free</p> <p>Bike : Bike 1 hr, Zone 2, 85-95 rpms. Duration (P): 1:00:00</p>	<p>Run : Run 40-50 min. Zone 2 Duration (P): 0:40:00</p>
WEEK 10	<p>Day Off : Week 10: REST DAY</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim</p> <p>Run : Run 30-40 min., Zone 2 with intervals Duration (P): 0:40:00 Workout Description: Include a set of 3 x 1 min intervals, zone 3-4, @ 1 min rest.) Make sure you warm up well before you start your intervals, and to cooldown after.</p>	<p>Brick : 50-60 min bike (Zone 2) then run 30 min (Zone 2) Duration (P): 1:20:00 Workout Description: Steady brick workout session. Are you getting faster at your transitions?</p>	<p>Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy, Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.</p> <p>Bike : Bike 40-50 min. with some tempo Duration (P): 0:45:00 Workout Description: Push to intensity on the bike today. Include 5 min., zone 3-4 (Race pace), 85-95 rpms</p>	<p>Run : Run 20-30 min. steady aerobic pace Duration (P): 0:30:00</p>	<p>Bike : Bike 1 hr, Zone 2, 80-90 rpms Duration (P): 1:00:00</p>	<p>Run : Run 40-50 min. steady, Zone 2 Duration (P): 0:45:00</p> <p>Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest. 2 x 100 kick w/board and fins @ 15 sec rest. 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest. Cooldown 100-200 Free</p>

### TRAINING KEY:

RPMS = Pedaling Revolutions per minute  
 TM = Treadmill

Zone (Z) = Heart Rate or Perceived Effort Training Zone  
 Intervals = Short, higher intensity efforts followed by a brief rest period

Brick = A two sport workout session, quickly moving from the bike to the run

**UnitedHealthcare SOBE 12-Week Tri Classic Training Program | 0-1 Years Experience**  
**(See Training Key for definitions of terms and abbreviations)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 11	<p>Day Off : Week 11: REST DAY</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim</p> <p>Run : Run 30 - 40 min. (Zone 2) Duration (P): 0:40:00 Workout Description: Steady aerobic pace run</p>	<p>Brick : Bike 30-40 min. (zone 2), then run 20 min. (zone 2, 1-2% grade) Duration (P): 1:00:00 Workout Description: Steady brick session. Practice transitioning quickly from the bike to the run</p>	<p>Swim : Swim Workout B Duration (P): 0:45:00 Distance (P): 801 yards Workout Description: Warm up 100 yds easy , Freestyle Swim 6 x 50 yds comfortably @ 15 sec rest between each rep. Every even 50 should be focused on good form, or a drill. Kick with a board, 200yds. Swim 8x 25 yds steady @ 10 sec rest. Push the pace every other length. Cooldown 100-200 yds easy.</p> <p>Bike : Bike 30-40 min. (Zone 2) with 3 minutes fast (Zone 3-4) Duration (P): 0:40:00 Workout Description: Focus on good form and a cadence of 80-90 rpms. Push your hard 3 minutes up to 'race pace'.</p>	<p>Day Off : REST</p>	<p>Swim : Swim Workout C Duration (P): 0:45:00 Distance (P): 900 yards Workout Description: Warm up 100-200 yds, Free. 4x50 drill / choice @ 15 sec rest. 2 x 100 kick w/board and fins @ 15 sec rest. 3-5 x 100 Free @ 20-30 sec rest. Odd reps easy, even reps fast. 3 x 50 kick w/ board @ 10 sec rest Cooldown 100-200 Free</p> <p>Bike : Bike 30-40 minutes, Zone 2 Duration (P): 0:40:00 Workout Description: Do a steady light aerobic bike workout, cadence range of 80-90rpms.</p>	<p>Run : Run 20-30 minutes (zone 2) Duration (P): 0:25:00 Workout Description: Run at a steady comfortable pace.</p>
WEEK 12	<p>Day Off : Week 12: REST Workout Description: Rest today, and get ready!! This is race week! Now is the time to focus on your 'sharpening' and mental preparation for race day! Focus on getting more rest this week, and when not training, stay off your feet as much as possible!</p>	<p>Swim : Swim Workout A Duration (P): 0:40:00 Distance (P): 750 yards Workout Description: Warm up - Do as many lengths of the pool as you can do comfortably without stopping, for up to 200 yds. Rest at the wall for 1-2 minutes. Swim 10-20 x 25 yds (depending on your fitness level), resting 10-15 sec. between each rep. Every even rep (reps 2, 4, 6, etc.) should be a drill (a movement targeting a specific aspect of your stroke), and odd reps should be freestyle swim. Kick for 100-150 yds with a board. Cooldown 100-200 yds. / easy swim</p> <p>Run : Run 20 min. (zone 2) Duration (P): 0:20:00 Workout Description: Run at a steady aerobic pace. Always focus on good form.</p>	<p>Other : Race prep Duration (P): 0:50:00 Workout Description: Bike 30 min. / Zone 2 Run 20 min. / Zone 2 (if on a treadmill, 1-2% grade)</p>	<p>Swim : Swim Duration (P): 0:45:00 Distance (P): 700 yards Workout Description: Warm up   Do as many lengths of the pool as you can do comfortably without stopping up to 200 yds total. Rest at the wall for 1 minute.</p> <p>Swim 10-20 x 25 yds, depending on your fitness level, resting 10-15 sec. between each rep. Every even rep (reps 2, 4, etc.) should be a drill, targeting a weakness in your stroke (and odd reps should be freestyle swim.) Use a Kick w/board for 100 yds. Cooldown 100-200 yds easy.</p>	<p>Day Off : Relax Today Workout Description: Stay off your feet. Visualize your performance on race day. Prepare your gear, and relax.</p>	<p>Other : Race preparation Duration (P): 0:30:00 Workout Description: Before Noon today: Bike 15-20 min easy, and run 10-15 min. easy. Stretch, and get loose. Then, relax and stay off your feet.... get ready for tomorrow!</p>	<p>Race : South Beach Tri!! Good luck Today!! Workout Description: Today is race day. Warm up well prior to your event, race smart, and have a great day! You can do this!</p> <p>Good luck, and have fun! It's been great training with you!</p> <p>- Coach Troy www.lifetimeendurance.com</p>

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# LIFETIME

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