



16 Week Olympic - 2x Balanced

comments : 9

- 0.93mile Swim | 24.8mile Bike | 6.2mile Run
- 1,500meter Swim | 40km Bike | 10k Run
- By using this program, you accept the RESTRICTIONS AND TERMS OF USE

Program Details

- 2-Swim, 2-Bike and 2-Run per week (6 sessions)
- You have between 4 and 8 hours per week to train.
- You will most likely train over the mileage necessary for the triathlon. This will ensure that you can do all three events together.
- This program is based on finishing times of 'back-of-packers' If you are new and somewhat slower, that is Ok. If you do the times, you will finish the mileage. Faster people with previous athletic backgrounds will do just as well or better on this program as you will be exceeding the distances which will make you better prepared for a good race.
- Start this program if you can do Week 1's minutes fairly consistently with no problems or extreme fatigue. If not and you need a running/biking program to start before this program, go top 'Couch to Olympic.'
- Re-organize the program around to suit your schedule. JUST REMEMBER to keep the short sessions and Off days around the Long sessions. This will allow plenty of rest before and after the long sessions. You don't have to do 'two-a-days' if your schedule doesn't permit. Just reorganize this and train on 6 days instead of 5. Although you will have to do two-a-days if doing the 3x program. You will have better success if your two-a-days are split up in the morning and night sessions.
- ALWAYS leave minimum 1-2 days of NO TRAINING each week. Your body will thank you and will prevent injuries.
- This program IS JUST a volume-builder. If your new to endurance, its recommended to focus on only volume for your first year, the following years you can start adding intensity-specific workouts as you will have a good base. BUT the following program is easily modified for intensity training.

Program training details and information following this schedule.

Month 1										
Week	M	T	W	TH	F	S	S	<u>TOTAL</u>	Vol	
1	24-Swim	Off	40-Swim	24-Run	80-Bike	Off	40-Run	4h 16m		
	48-Bike							256m		
2	26-Swim	Off	44-Swim	26-Run	88-Bike	Off	44-Run	4h 41m	+10%	
	53-Bike							281m		
3	29-Swim	Off	48-Swim	29-Run	97-Bike	Off	48-Run	5h 9m	+10%	
	58-Bike							309m		
4	17-Swim	Off	29-Swim	17-Run	58-Bike	Off	29-Run	3h 5m	-40%	
	35-Bike							185m		
<u>Notes</u>		Short Swim	Off	Long Swim	Short Run	Long Bike	Off	Long Run		
		Short Bike								
Grand total: 17h 11m										

Month 2										
Week	M	T	W	TH	F	S	S	<u>TOTAL</u>	Vol	
1	29-Swim	Off	48-Swim	29-Run	97-Bike	Off	48-Run	5h 9m		
	58-Bike							309m		
2	32-Swim	Off	53-Swim	32-Run	107-Bike	Off	53-Run	5h 41m	+10%	
	64-Bike							341m		
3	35-Swim	Off	58-Swim	35-Run	117-Bike	Off	58-Run	6h 13m	+10%	

	70-Bike		Off	35-Swim		21-Run		70-Bike		Off	35-Run		373m	
4	21-Swim												3h 44m	-40%
	42-Bike												224m	
<u>Notes</u>	Short Swim	Off		Long Swim		Short Run		Long Bike		Off		Long Run		
	Short Bike													
Grand total: 20h 47m														

Month 3										
Week	M	T	W	TH	F	S	S	<u>TOTAL</u>	Vol	
1	35-Swim	Off	58-Swim	35-Run	117-Bike	Off	58-Run	6h 13m		
	70-Bike							373m		
2	38-Swim	Off	64-Swim	38-Run	128-Bike	Off	64-Run	6h 49m	+10%	
	77-Bike							409m		
3	42-Swim	Off	70-Swim	42-Run	141-Bike	Off	70-Run	7h 30m	+10%	
	85-Bike							450m		
4	25-Swim	Off	42-Swim	25-Run	85-Bike	Off	42-Run	4h 30m	-40%	
	51-Bike							270m		
<u>Notes</u>	Short Swim	Off	Long Swim	Short Run	Long Bike	Off	Long Run			
	Short Bike									
Grand total: 25h 02m										

Month 4										
Week	M	T	W	TH	F	S	S	<u>TOTAL</u>	Vol	
1	42-Swim	Off	70-Swim	42-Run	141-Bike	Off	70-Run	7h 30m		
	85-Bike							450m		
2	46-Swim	Off	77-Swim	46-Run	155-Bike	Off	77-Run	8h 14m	+10%	
	93-Bike							494m		Peak
3	37-Swim	Off	62-Swim	Off	124-Bike	Off	62-Run	6h 36m	-20%	
	74-Bike				37-Run			396m		Taper
4	23-Swim	Off	39-Swim	78-Bike	Off	Race	Race	3h 30m	-30%	
	47-Bike			23-Run						+Race Taper
<u>Notes</u>	Short Swim	Off	Long Swim	Short Run	Long Bike	Off	Long Run			
	Short Bike									
Grand total: 24h 50m + Race										

Program Structure

- Each Discipline has a short and long session per week.
- The Short session will be 60% of the long session.
- Week 4 of Month 1, 2 and 3 is a 40% reduction in duration to facilitate rest and healing.
- You only increase your duration on week 2 and 3 by 10% a week. A golden rule.
- Week 1 starts off at the prior months week 3 so we don't automatically start increasing duration after a rest week.
- The last month incorporates your peak duration followed by 2 weeks of tapering so your body can appropriately rest and heal to get ready for your race day. YOU WILL NOT LOSE PERFORMANCE! So don't worry. This tapering is very necessary.
- If you find you can't make a day of training, don't fret...relax, your body will welcome the opportunity for rest. Move it back a day, double up or just let it go.

Swim

- Speed workouts - Do these workouts on the 'short swims.' These workouts should include shorter swims with recovery in between but focusing on swimming fast (ex. 5 x 100s, then 10 x 50s)
- Endurance - swim a straight 500, mixing whatever strokes in with your freestyle to finish, get your time, this will be your base for long workouts, as you build endurance this time should decrease (ex. 3 x 500 matching your base time each swim) Strength - these

workouts include 'medium' distance swims (ex.4 x 200s with little recovery time in between), also mix in some other strokes and kicking. Try to include some stroke drill work in every workout. Do the strength workouts for 'medium' swims on the 'swimming emphasized' program if your swimming needs most improvement.

- If new to swimming, lessons or a master program will be incredibly beneficial to your swim.

Bike

- I would follow the same method of warm-up from the run for your bike: Start with a 5min walk, 3-5minute light, slow jog, 5min walk, LIGHT, gentle stretching, 5min walk THEN start your biking. OR start out at an easy pace at a higher cadence of 90+ rpms for 10minutes (higher revolutions per minute) to get the blood flowing to your muscles. Then spin for a few minutes at normal cadence at about 75% of your pace Stretch. Transition to your regular cadence and workout.
- On spinning, work on a high cadence 90 to 100 rpms (revolutions per minute), this builds efficiency, try to keep your pedal stroke even and circular. A cycling computer will aid you greatly so your spinning is consistent. A flat ride or just spinning on a trainer or in a spin class keeping the tension low will work. For strength, ride with hills, spinervale tape, spin class, all will work for a good workout.
- For cool-downs, slow your pace and increase your cadence for the last 5-10minutes. Get off your bike and walk for 10-20minutes. Follow with some light, gentle stretching, walk a little more. Have a more intensive stretch later that day/night. Cool-downs eliminates lactic acid, brings your heart-rate to normal and prevents muscle cramps.

Run

- Get fitted for a proper running shoe at a dedicated running store FIRST!!! A lot of injuries can be avoided this way...just ask us.
- Avoid running on asphalt or concrete....find a good, smooth trail.
- A good warm-up is imperative to a safe run. A recommendation is to start with a 5min walk, 3-5minute light, slow jog, 5min walk, LIGHT, gentle stretching, 5min walk THEN start your run. Doing this will get some blood flowing to your muscles before stretching. NEVER stretch a cold muscle.
- If you find that you start getting tired midway through your run, add some walking intervals BEFORE getting tired. Example: On your 30 minute long run, you get tired at the 15minute mark. Try this: warm-up, run 10min, walk 2min, run 10min, walk 2min, run 10min, cool down. Break your long runs up into 1/3rds or 1/2's with 2minute walking intervals before you get tired. Trying to push yourself through a tiring last part of your run is a recipe for injury.
- Cool-down. Very important. Cool-downs eliminates lactic acid, brings your heart-rate to normal and prevents muscle cramps. Walk for at least 5-10minutes. The more the better. Do a LIGHT, gentle stretch session after your walk, walk some more. Later that day/night, do a more intensive stretching.

Heart-Rate Training - Is it for you?

- If you are new to endurance sports or maybe have been out of it for at least a year, then I would recommend the following:
- **Don't worry about it** if you have no problems restraining yourself from going fast. If you can maintain an easy conversation pace, not sweating or sweating a little, then there is a good chance that you are training appropriately and not pushing to hard.
- **WORRY about it** if you find yourself always pushing too fast, inconsistent pace, you tend to 'die' near the end, sweating buckets or exhausted after your workout. Check out the articles at 'Heart Rate.' There are several other common methods, lactate threshold being another. Typically for your first year, for the Karvonen formula, stay in zone **I. Long Slow** = 50-70%MHR (% of max heart-rate) and **II. Endurance** = 70-75%. Mainly in the second zone though. This could be an RPE of 3-4 in the modified RPE (Real Perceived Exertion) chart.
- **Of course, if you have a years worth of base under you**, then HR training will make you more competitive by training your body through the different zones throughout the week. Essentially cycling volume with intensity. This will increase your average pace as you will be doing tempo/threshold and interval HR training...HR rates above the endurance and recovery zones. Typically you would train in zones above your endurance zone on your short and medium sessions while saving your long session for the lower endurance zone...an easy pace. This method is called periodization training and lots of info can be found.

Bricks - Race Specific Training

- See the cells with the 'grey' background in the final 2 weeks of your training plan? These are 'brick' workouts. As your volume starts decreasing 2 weeks leading up to your race, you will want to mimic the swim-to-bike and the bike-to-run transition back-to-back. This is your race specific training. Bike-to-run will be the most difficult.
- These sessions should be done at your zone 1-2 pace or 2-3 modified RPE. We want these EASY.
- Also what helps others for the bike-to-run is to tack on about 5-10minutes of running at the end of your bike rides using the Karvonen zone 1 or zone 2-3 modified RPE...a light pace.

Strength Training

- Weights are very important and most often overlooked for triathlon training. We need to keep our bones, tendons and joints strong! Strength training 2 times per week is a great injury prevention.
- For your schedule, fit 2 days of strength anywhere in the program...just leave a day of 'no strength training' between them. Just make sure you still keep at least 1-2 days of 'total rest' per week.

Other Notes

- If doing any speed work or training at a higher heart-rate zones, do them on the short sessions. Always keep your long sessions easy-going.

- You will note that the minutes are not rounded to zeros and fives like most other programs, example: 32, 34 NOT 30, 35. I do not round up or down as, in doing so, I would be violating my personal 10% week per session rule on many occasions. Plus its a more consistent program in my opinion.
- OTHER QUESTIONS? Go to the [forum](#). That is where we all hang-out. We would love to help you succeed.
- Have program suggestions? Would love hear them. I recognize certain techniques will work for certain people.

**gws68***Date: Nov 13, 2011*

I am about to start this program but will modify it to 4 days on w/ 4 days off due to my work schedule. I have just completed navy seal workout that was 18 weeks of swimming / running and upper body workouts. I now have to add the biking in and should be good to go. I was swimming upto 75 min./ running 6 miles in an 8 1/2 min. mile w/ lite weight boots.

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