



JULIAN NAGI, TRI COACH

# BEGINNERS' TRAINING PLAN

Planning your first tri in summer? Then look no further for your essential six-month beginners' training plan, courtesy of triathlon coach Julian Nagi...



All sessions are designed with a newbie in mind, so they're based around developing aerobic endurance. This is the keystone to tri success and there's no need for speed work at this stage. The plan also helps build confidence to help keep you exercising for longer periods. Follow the training plan for the next 24 weeks and reach your first finish line with pride...

**WEEK 1**

**Monday:** 30min swim as 50m easy warm-up; 16 x 25m on 30secs rest/interval; 50m cool-down  
**Tuesday:** 30mins bike/run as 20mins bike; 10mins run as 2 x 4mins jog; 1min walk (**Note:** Focus on smooth circular pedalling. Comfortable gearing allowing legs to spin at 85-95rpm.)  
**Wednesday:** Rest  
**Thursday:** 20min run as 4 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 100m, 75m, 50m, 25m all on 30secs rest/interval; cool-down  
**Saturday:** 60min bike/run as 45mins outdoor ride at conversational pace; 15mins run as 3 x 4mins easy jog; 1min walk (**Note:** Every bike-to-run session gives you a chance to practice transition. Set up an area to safely rack and secure your bike and slip on run shoes.)  
**Sunday:** Rest

**WEEK 2**

**Monday:** 35min swim as 50m easy warm-up; 20 x 25m on 25secs rest/interval; 50m cool-down  
**Tuesday:** 35min bike/run as 25mins bike; 10mins run as 2 x 4mins jog; 1min walk  
**Wednesday:** Rest  
**Thursday:** 25min run as 5 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 100m, 75m, 50m, 25m all on 25secs rest/interval; cool-down  
**Saturday:** 65min bike/run as 50mins outdoor ride at conversational pace; 15mins run as 3 x 4mins easy jog; 1min walk (**Note:** Practice drinking water on the bike.)  
**Sunday:** Rest

**WEEK 3**

**Monday:** 35min swim as 50m easy warm-up; 24 x 25m on 20secs rest/interval; 50m cool-down  
**Tuesday:** 40min bike/run as 30min bike; 10min run as 2 x 4min jog; 1min walk  
**Wednesday:** Rest  
**Thursday:** 30min run as 6 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 100m, 75m, 50m, 25m all on 20secs rest/interval; cool-down  
**Saturday:** 70min bike/run as 55mins outdoor easy ride; 15mins run as 3 x 4mins easy jog; 1min walk  
**Sunday:** Rest

**WEEK 4**

**Monday:** Rest  
**Tuesday:** 30min swim as 50m easy warm-up; 12 x 25m on 20secs rest/interval; 50m cool-down  
**Wednesday:** Rest  
**Thursday:** 60min bike/run as 45mins bike; 15mins run as 3 x 4mins jog; 1min walk  
**Friday:** Rest

**Saturday:** 45min swim as warm-up; 8 x 25m easy; 1 x 400m timed effort; 2 x 25m cool-down (**Note:** Practise super-sprint race distance to set your first swim benchmark time.)  
**Sunday:** Rest

**WEEK 5**

**Monday:** 35min swim as 50m easy warm-up; 16 x 25m on 25secs rest/interval; 50m cool-down  
**Tuesday:** 35min bike/run as 25mins on bike; 10mins run as 2 x 4mins jog; 1min walk  
**Wednesday:** Rest  
**Thursday:** 25min run as 5 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 150m, 75m, 50m, 25m all on 30secs rest/interval; cool-down  
**Saturday:** 65min bike/run as 50mins outdoor easy ride; 15mins run as 3 x 4mins easy jog; 1min walk  
**Sunday:** Rest

**WEEK 6**

**Monday:** 35min swim as 50m easy warm-up; 20 x 25m on 20secs rest/interval; 50m cool-down  
**Tuesday:** 40min bike/run as 30mins bike; 10mins run as 2 x 4mins jog; 1min walk  
**Wednesday:** Rest  
**Thursday:** 30min run as 6 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 150m, 75m, 50m, 25m all on 25secs rest/interval; cool-down  
**Saturday:** 70min bike/run as 55mins outdoor easy ride; 15mins run as 3 x 4mins easy jog; 1min walk  
**Sunday:** Rest

**WEEK 7**

**Monday:** 40min swim as 50m easy warm-up; 24 x 25m on 15secs rest/interval; 50m cool-down  
**Tuesday:** 45min bike/run as 35mins bike; 10mins run as 4mins jog; 1min walk  
**Wednesday:** Rest  
**Thursday:** 35min run as 7 x 4mins easy jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 150m, 75m, 50m, 25m all on 20secs rest/interval; cool-down  
**Saturday:** 75min bike/run as 60mins easy outdoor ride; 15min run as 3 x 4mins easy jog; 1min walk  
**Sunday:** Rest

**WEEK 8**

**Monday:** Rest  
**Tuesday:** 30min swim as 50m easy warm-up; 12 x 25m on 15secs rest/interval; 50m cool-down  
**Wednesday:** Rest  
**Thursday:** 45min bike/run as warm-up; Race simulation: 10km bike, 2.5km run; cool-down (**Note:** Aim for steady pace, practice fast transition from bike to run.)  
**Friday:** Rest  
**Saturday:** Rest  
**Sunday:** Rest

**WEEK 9**

**Monday:** 35min swim as 50m easy warm-up; 8 x 50m on 30secs rest/interval; 50m cool-down  
**Tuesday:** 40min bike/run as 30min bike; 10min run as 2 x 4mins jog, 1min walk  
**Wednesday:** Rest  
**Thursday:** 30min run as 6 x 4min jog; 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 200m, 75m, 50m, 25m all on 30secs rest/interval; cool-down  
**Saturday:** 70min bike/run as 55min easy outdoor ride; 15min run as 3 x 4min jog; 1min walk  
**Sunday:** Rest

**WEEK 10**

**Monday:** 40min swim as 50m easy warm-up; 8 x 50m on 25secs rest/interval; 50m cool-down  
**Tuesday:** 45min bike/run as 35min bike; 10min run as 2 x 4min jog, 1min walk  
**Wednesday:** Rest  
**Thursday:** 35min run as 7 x 4min jog, 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 200m, 75m, 50m, 25m all on 25secs rest/interval; cool-down  
**Saturday:** 75min bike/run as 60min easy outdoor ride; 15min run as 3 x 4min jog, 1min walk  
**Sunday:** Rest

**WEEK 11**

**Monday:** 40min swim as 50m easy warm-up; 8 x 50m on 20secs rest/interval; 50m cool-down  
**Tuesday:** 45min bike/run as 35min bike; 10min run (**Note:** Walk breaks have been cut here, but concentrate on relaxed form and fast cadence throughout run to finish strong.)  
**Wednesday:** Rest  
**Thursday:** 30min run as 3 x 9min jog; 1min walk  
**Friday:** 35min swim as easy warm-up; 25m, 50m, 50m, 75m, 200m, 75m, 50m, 25m all on 20secs rest interval; cool-down  
**Saturday:** 75min bike/run as 60min easy outdoor ride; 15min steady run  
**Sunday:** Rest

**WEEK 12**

**Monday:** Rest  
**Tuesday:** 30min swim as warm-up; 50m easy, 1 x 400m timed effort; 50m cool-down (**Note:** Practice super sprint race distance to set your second swim benchmark time.)  
**Wednesday:** Rest  
**Thursday:** 60min bike/run as warm-up; race simulation as 10km bike, 2.5km run; cool-down (**Note:** Look for improvement from Week 8.)  
**Friday:** Rest  
**Saturday:** 60min bike, steady ride  
**Sunday:** Rest

**WEEK 13**

**Monday:** 40min swim as 75m easy warm-up; 5 x 75m on 30secs rest/interval; 75m cool-down  
**Tuesday:** 45min bike/run as 35min bike; 10min run, increasing pace throughout

**Wednesday:** Rest  
**Thursday:** 30min run as 2 x 14mins jog, 1min walk  
**Friday:** 30min swim as easy warm-up; 25m, 50m, 75m, 250m, 75m, 50m, 25m all on 30secs rest/interval; cool-down  
**Saturday:** 80min bike as easy outdoor ride  
**Sunday:** Rest

**WEEK 14**

**Monday:** 40min swim as 75m easy warm-up; 5 x 75m on 25secs rest/interval; 75m cool-down  
**Tuesday:** 50min bike/run as 40min bike; 10min run  
**Wednesday:** Rest  
**Thursday:** 35min run as warm-up; 6 x 2mins efforts with 60secs rest/interval; cool-down (**Note:** Efforts should be above race pace but sustainable. Practice deep, circular breathing throughout.)  
**Friday:** 30min swim as easy jog  
**Saturday:** 30min swim as easy warm-up; 25m, 50m, 50m, 75m, 250m, 75m, 50m, 50m, 25m all on 25secs rest/interval; cool-down  
**Sunday:** 80min bike/run as 60min easy ride; 20mins steady run  
**Sunday:** Rest

**WEEK 15**

**Monday:** 30min swim as 75m easy warm-up; 5 x 75m on 15secs rest/interval; 75m cool-down  
**Tuesday:** 50min bike/run as 40min bike; 10min run, increasing pace every 2mins  
**Wednesday:** Rest  
**Thursday:** 25min run as steady jog  
**Friday:** 30min swim as easy warm-up; 25, 50m, 75m, 250m, 75m, 50m, 25m all on 20secs rest/interval; cool-down  
**Saturday:** RACE - super sprint or sprint duathlon (**Note:** Practice and enjoy racing with others, wearing race kit and specific energy drink, if using.)  
**Sunday:** Rest

**WEEK 16**

**Monday:** Rest  
**Tuesday:** Rest  
**Wednesday:** 30min swim as 50m easy warm-up; 5 x 75m on 10secs rest/interval; 50m cool-down (**Note:** As weather warms, pool sessions can be substituted for open water. Deliberately swimming in a group or close to others will help simulate race environment.)  
**Thursday:** 60min bike, easy ride  
**Friday:** 30min run, easy jog  
**Saturday:** Rest  
**Sunday:** Rest

**WEEK 17**

**Monday:** 35min swim as 100m easy warm-up; 5 x 100m on 25secs rest/interval; 50m cool-down  
**Tuesday:** 50min bike/run as 40min bike; 10min run  
**Wednesday:** Rest  
**Thursday:** 55min swim/run as 30min swim (easy warm-up; 25m, 50m, 75m, 300m, 75m, 50m, 25m, on 25secs) straight into 25min run (**Note:** Practice swim/run transition. Although may be swim/bike in race, still need to practice running from water to bike, stripping wetsuit, hat and goggles, adapting as body rises from horizontal to vertical.)  
**Friday:** Rest  
**Saturday:** 90min bike/run as 70min easy outdoor ride; 20min steady run  
**Sunday:** Rest

**WEEK 18**

**Monday:** 35min swim as 100m easy warm-up; 6 x 100m on 20secs rest/interval; 50m cool-down  
**Tuesday:** 55min bike/run as 40min bike, 15min run, increasing pace every 3mins



**Wednesday:** Rest  
**Thursday:** 40min run, steady run  
**Friday:** 40min swim as easy warm-up; 25m, 50m, 75m, 300m, 75m, 50m, 25m, on 20secs rest/interval; cool-down (**Note:** Remember, open water can replace pool sessions. If so, take the chance to see how quickly you can strip wetsuit, hat and goggles ready for bike leg.)  
**Saturday:** 85min bike/run as 60min easy outdoor ride; 25min steady run  
**Sunday:** Rest

**WEEK 19**

**Monday:** 45min swim as 100m easy warm-up; 6 x 100m on 15secs rest/interval; 50m cool-down  
**Tuesday:** 55min bike/run as 2 x 20min bike; 5min run (**Note:** Second set faster than first set.)  
**Wednesday:** Rest  
**Thursday:** 45min run, steady run  
**Friday:** 30min swim as warm-up; 150m easy; 1 x 400m timed effort; 50m cool-down (**Note:** Practice super sprint race distance to set your third swim benchmark time.)  
**Saturday:** 85min bike/run as 55min easy ride; 30min steady run  
**Sunday:** Rest

**WEEK 20**

**Monday:** Rest  
**Tuesday:** 30min swim as 100m easy warm-up; 4 x 150m on 20secs rest/interval; 50m cool-down  
**Wednesday:** Rest  
**Thursday:** 60min bike, easy ride  
**Friday:** 45min run, easy jog  
**Saturday:** Rest  
**Sunday:** Race - duathlon or 5km ParkRun

**WEEK 21**

**Monday:** 45min swim as 100m easy warm-up; 4 x 150m on 15secs rest/interval; 50m cool-down  
**Tuesday:** 55min bike/run as 35min bike; 30min run, increasing pace every 4mins  
**Wednesday:** Rest  
**Thursday:** 35min run as 2 x 15mins on 1min rest; cool-down jog (**Note:** Aim to run second 15mins slightly faster than first, practising finishing strongly in a race.)  
**Friday:** 35min swim as warm-up; 150m easy, 3 x 200m on 30secs rest/interval; 50m cool-down  
**Saturday:** 90min swim/bike/run race simulation - 20min swim; 40min easy ride; 30min easy run (**Note:** Concentrate on technique over pace.)

Helps build endurance while chance for transition practice.)  
**Sunday:** Rest

**WEEK 22**

**Monday:** 45min swim as 100m easy warm-up; 4 x 150m on 20secs rest/interval; 50m cool-down  
**Tuesday:** 55min bike/run as warm-up; 3 x 10min bike, 5min run; cool-down (**Note:** Try to increase speed of each set.)  
**Wednesday:** Rest  
**Thursday:** 35min run as 2 x 15mins on 45secs rest; cool-down (**Note:** As Week 21, aim to run second 15mins slightly faster than first.)  
**Friday:** 40min swim as warm-up; 150m easy, 3 x 200m on 20secs rest/interval; 50m cool-down  
**Saturday:** 90min bike/run as 60min easy ride; 30min steady run  
**Sunday:** Rest

**WEEK 23**

**Monday:** 40min swim as 100m easy warm-up; 4 x 150m on 10secs rest/interval; 50m cool-down  
**Tuesday:** 45min bike/run as 35mins on bike; 10mins easy jog  
**Wednesday:** Rest  
**Thursday:** 35min run as 2 x 15mins on 30secs rest  
**Friday:** 30min swim as warm-up; 150m easy, 3 x 200m on 10secs rest/interval; 50m cool-down  
**Saturday:** 5km ParkRun or equivalent  
**Sunday:** Rest

**WEEK 24**

**Monday:** Rest  
**Tuesday:** 30min swim as 50m easy warm-up; 10 x 50m on 20secs rest/interval; 50m cool-down  
**Wednesday:** Rest  
**Thurs:** 60min bike/run (**Note:** Concentrate on technique and form.)  
**Friday:** Rest  
**Saturday:** 20min bike/run as 15min easy bike; 15min easy jog (**Note:** Just to freshen up legs to remind them they have a race tomorrow.)  
**Sunday:** RACE DAY!

*In addition to the swim, bike, run training laid out above, 20mins strength and conditioning is recommended once/twice a week to fit in at your convenience. But make sure you seek proper tuition on the exercises from a fitness professional before starting anything new in training and using any new equipment.*

