



**Explanation of Terms for
Start to Finish Training Plans
contributed by
Du Tri Multisport**

The two 12 week sprint triathlon training plans are designed to provide conservative training guidelines. The Beginner/Recreational plan is for active adults and youth 13+ who can swim 100 yards, ride a bike and walk a mile. The Experienced plan is for adults and youth 13+ who have competed in triathlon or have athletic experience in one or more of the the triathlon disciplines (swim, bike, run).

All exercise is relative to your personal fitness, age and the amount of time you have to dedicate to training. We recommend talking to your physician before you start this or any strenuous or new workout program.

Both plans are 12 weeks in duration and the training is organized in the following way:

Macrocycle: 12 week plan

Mesocycles: Four Cycles categorized as Base (4 weeks), Build (3 weeks), Peak (3 weeks) and Taper (2 weeks)

Microcycles: 1 week of training. Recovery is as important as training so rest days and weeks (lighter training load) are scheduled into the plan.

Workouts: The workouts are based on time and are scheduled on a daily basis. The workouts are comprised of four components which are explained below. Please complete all the components of a workout.

Workout Components:

Neurological Activation and Dynamic Exercises: 5-10 min

Neuro Activation: Transversus Abdominus (TVA), Glutes, Quads, Hamstrings, Soleus

Neurological Activation Exercises are slow movements that activate critical muscle groups to help develop and prepare muscles to perform properly when doing your workout. We have included 5 simple ones that can be used for all the disciplines. Descriptions are below:

TVA: Stand tall, shoulders down, chest up, starting from the belly button down contract the lower abs

Glutes: Start with TVA then raise a leg behind you (knee should be slightly flexed) alternating legs

Quads: Start with TVA then raise a leg in front of you with toes slightly out alternating legs

Hamstrings: Start with TVA raise foot behind you, knee flexed at a 90° angle, knee should be facing down towards the floor

Soleus: This movement simulates the running movement so use your arms as though u are running. Start with TVA, slide right leg back about 12-18", bend the left knee slightly keeping the left foot flat and in place, then raise the right heel and roll the foot to the toe. Do not lift the foot completely off the floor.

For biking you can simulate by using the pedaling movement. Glute activation represents the kick in swimming

Dynamic Exercises: These exercises are similar to Neurological Activation but are controlled movements at a faster pace. It is important to always start with TVA and then do the movements. Some common ones are: Side leg swings, grapevine, internal/external knee rotation, heel ups, hamstring curls, straight leg kicks forward.

Warm Up (WU): Choice of 10 min walk, walk to jog, easy jog

Main Set: See Plan

Cool Down (CD): Repeat Dynamic Exercises after Main Set then walk until totally heart rate is fully recovered.

Effort Measurement:

There are many ways for you to measure how much effort you are putting into your workout. Perceived exertion is one of the very oldest and basic methods. An easy exertion scale which you can use is below.

Zone	%HR	Description
Active Recovery	<60%	Super easy, promote recovery after hard workouts...can be long slow distance bikes or runs
Endurance	60-75%	All day pace, long endurance workouts
Tempo	76-85%	Able to hold a conversation/answer yes/no questions, longer tempos & lighter speed workouts
Lactate TH	86-90%	At or around 25 mile time trial pace on a bike or hard hour run test, good for tempo workouts
VO2 Max	91-95%	3-8 minute interval pace, used for hills, some short tempo work, 3:1 or 4:1
Anerobic	96-100%	Absence of free oxygen:--used for hills and have 1:1 work to rest ratio, so 20 seconds on, 20 seconds off
Neuromuscular	100%+	Power/very short speed bursts used for short term sprinting, need long rest 1:2 ratio

Recreational plan workout efforts are assumed to be in the **endurance zone/tempo zones**. The Experienced plan workouts are assumed to be in the **endurance zone** unless otherwise indicated. Below is a list of acronyms used to describe efforts other than endurance.

RP = Race Pace (Tempo)

JARP = Just above Race Pace (Lactate TH)

HE = Hard Effort (VO2 Max)

Workout Description examples:

Brick: A brick is when you combine disciplines in one workout i.e. ride 10 min and run 5 min when you get off the bike

25 min w/5min @RP: bike or run 10 min endurance zone, 5 min RP (Race Pace/Tempo) and last 10 min bike or run endurance zone

55 min w/10min@JARP: bike or run 30 min endurance zone, 10 min at JARP (just above race pace/Lactate TH), 15 min endurance zone

25 min w/3min@HE: bike or run 15 min endurance zone, 3 min at HE (hard effort/VO2 Max)

40 min w/3x (5 min HE w/2 min rest): ride or run at endurance zone for 10 min, then do three 5 min intervals at HE (Hard Effort) with 2 minutes recovery between each interval, remainder of workout time at endurance zone

Questions: Please feel free to email Ann Partel at dutrimultisport@gmail.com or Rob Cole at robdutrimultisport@gmail.com if you have any questions.

Customized Training Plans: Du Tri Multisport does offer Coach3™ training plans for a monthly fee. Customized plans include:

Effort Measurements for swim pace, bike and run;

Daily workouts designed specifically for you by coach specialists and delivered via Training Peaks (online workout log);

Email and phone communication with your Coach3™ representative

Discounted CompuTrainer sessions