

How to Train



KarimR 3 posts since

Aug 11, 2008

Hello.

I recently decided to train for a full triathlon. I'm in okay shape (I can easily run 5-10k), but I have a long way to go. I've spent hours online searching for a training schedule, and I haven't found anything. I'm looking for a simple, day by day list of what I need to do. Week 1: Monday run x km, Tuesday bike y km, swim z laps, etc. Something like that. The few plans I've found tell me how long to exercise, but they don't give distances, which I need.

I'm located in Dubai, and due to the 110+ heat going outside isn't very popular, much less triathlons. Therefore the bookstores do not sell books with triathlon training plans. I want to get started as soon as possible. Can someone please point me towards a training plan? I will be forever in your debt.

Thanks!

Karim

Tags: training



Joe_h1 1,583 posts since

Jul 9, 2007 1. **Re: How to Train** Aug 12, 2008 7:27 AM

there are some free generic plans at trinewbies.com, trifuel.com and beginnertriathlete.com. what distance race will your first be and how long do you have to train?



KarimR 3 posts since

Aug 11, 2008 2. **Re: How to Train** Aug 12, 2008 9:53 AM

👤 in response to: Joe_h1

Thanks, Joe.

My decision to train for a triathlon is a lifestyle choice. I met a very fat man in the gym who exercises for 45 minutes twice a day and has for years. I realized that his problem is that he doesn't have a goal, and then I analyzed myself and realized that I don't have a goal either, even though I'm in good shape and go to the gym regularly. Last week and I decided to run a marathon, and I found a plan and started training for that. Then I realized that I don't want to look like the guys who run marathons, even though they're in great shape. I would much rather look like a triathlete, so I changed my goal from a marathon to an ironman triathlon. The swimming will initially be difficult for me because I've been a runner my whole life, but I want to build my upper body so this is good.

I'm following the marathon training schedule until I find an ironman plan to replace it. I have not yet chosen a specific triathlon in which to compete. As I said, this is a lifestyle choice. The actual triathlon is a marker, not an end in itself. I don't know how long it takes to prepare for a triathlon. My marathon plan is for 18 weeks, so I assume it will be longer than that.

Thank you for the links. I'm looking for an ironman plan like the olympic plan here http://www.trinewbies.com/tno_trainingprograms/tno_10wOly.asp. On the other websites (<http://www.beginnertriathlete.com/beginnertriathlete.com/Beginner%20IM%20Plan/pdf/Week01.pdf>, <http://www.trifuel.com/triathlon/ironman-workouts/weekp05.htm>) they say how long to train but they don't say how far I need to go. Do you know of a plan formatted like the trinewbies plan, but for an ironman?

Thanks again,

Karim



[Joe_h1](#) 1,583 posts since

Jul 9, 2007 3. **Re: How to Train** Aug 12, 2008 10:09 AM

 in response to: [KarimR](#)

hats off to you my friend. a very bold goal. I think Beginnertriathlete has some generic ironman training plans but also check some books like triathlete training bible by friel

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or training plans for multisport athletes by bernhardt (a coach here at active.com - it's on velopress.com I think) look at doing some shorter tri's before the big day just to get a feel for tri's. also an nice article on the self coach triathlete by Rich Strauss - <http://www.cruciblefitness.com/etips/IMPPrimer.htm>

some plans use time and others use distance not sure why. good luck and have fun!



[KarimR](#) 3 posts since

Aug 11, 2008 4. **Re: How to Train** Aug 12, 2008 1:29 PM

in response to: [Joe_h1](#)

That's a great article- thanks for the link. I'll be in the states in a few weeks, so I'll stick to my marathon schedule and work on swimming technique until I can get a real schedule and the books you recommend. The time-based plans are common enough that they must be functional, I just don't understand how.

Salam

Karim



[Joe_h1](#) 1,583 posts since

Jul 9, 2007 5. **Re: How to Train** Aug 12, 2008 1:45 PM

in response to: [KarimR](#)

while we're talking about swim technique also check out 'total immersion' by terry laughlin I thought it was a pretty good book on how to improve your swim form (and save energy for the rest of the race)



[Joe_h1](#) 1,583 posts since

Jul 9, 2007 6. **Re: How to Train** Aug 12, 2008 2:34 PM

this just came out today - part of it is a commercial for powerbar but it is a free online 29 week program for an ironman:

<http://www.ironmanpower.com/training/guide/index.html>



JimFive 24 posts since

Apr 8, 2008 7. **Re: How to Train** Aug 19, 2008 6:33 AM

Karim,

The time based plans are actually *timeeffort based*. *The idea is that timeeffort* is more effective than just cranking out the miles. However, I also prefer distance based plans. So what I do is convert the time+effort into a distance for myself. For Example a 1 hour Tempo run might be 8-10 miles. A 30 minute fartlek might turn into a 10x800 interval or a 1/4, 1/2, 1, 2, 1, 1/2, 1/4 pyramid. Having said that, I just finished my first sprint Triathlon and can't imagine swimming 2.4 miles.

Something I did that goes against the normal recommendation is that I trained in one aspect at a time. I started running because it is what I knew and when I got to a reasonable point I went to barely maintenance 1-2 times per week while I swam 6 days a week. Even without running my run times improved by 10% due to swimming fitness. I would argue that you need to focus on one thing at a time until you are comfortable with it, then move on. Once you are comfortable with each event then you can work on them together.

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-- JimFive



rahaa1 2 posts since

Oct 18, 2008 8. **Re: How to Train** Oct 18, 2008 12:59 PM

I'm answering for the swimming part of your training. I get a lot of tips from <http://www.dobkanize.com>. The site doesn't have specific training plans, but does have a lot of tips, and there was one good article on a workout for your tough swim workout that I found interesting. It's at:

<http://www.dobkanize.com/a3plus.asp>