

# TRIATHLON TRAINING

How do you train for a triathlon? Well, how long is a piece of string?

There are many different methods of training and getting ready for a triathlon, but which one you go for will depend on several key elements:

1. Your current level of fitness
2. Your ability level
3. The type of triathlon you'll be racing e.g. sprint, Olympic, middle-distance, iron-distance
4. Your training background (are you a former swimmer, runner, cyclist, rower, or other? Or none of these?)
5. The time you can dedicate to training (and recovery!)
6. Your training or racing goals

The list goes on....

## TECHNIQUE

There is no one-size fits all approach!

In a typical triathlon, the average participant spends about a fifth of the total race duration swimming, half of it cycling and about a third of it running. Your training should attempt to reflect this. More importantly, understanding how to train effectively will increase your enjoyment of triathlon. For instance, it does help to know the different training phases, why having a good core will improve your training and racing, and the benefits of recovery. These plus more, will help you on your triathlon journey.

In general:

- Start your training program with an amount of training appropriate for your current level of fitness and increase the workload incrementally throughout the period of time you have available prior to your race
- Once you are up and running and have built a good cardiovascular base, you'll likely need to start changing the intensity of each session depending on what type of triathlon you are aiming for
- You can apply the 80/20 rule to your training. It has been shown that endurance athletes gain the most fitness when they do approximately 80% of their training at lower intensity (under 80% of max effort) and the other 20% at moderate to high intensity. In other words: less (intensity) is more (beneficial), more often.
- Avoid haphazard training, consistency is key. Try to have a purpose for every workout. That purpose should be aerobic endurance, muscular force, muscular endurance, anaerobic endurance, technique improvement, speed skills or recovery
- Get good quality rest and avoid overtraining. The body makes the adaptations required to go faster for longer during rest. Ensure you reduce training intensity every few weeks and get good sleep. Going into workouts tired will mean poor performance and little change in fitness. Plus, you can risk injury when training in a fatigued state. To go truly hard in a workout, you must be ready i.e. well-rested. As the hard workouts get harder, the easy workouts must get easier. This means that the overall quality of training improves.

# In More Detail

To provide you with more specific advice on each discipline we have provided several downloadable PDF files which you can read and study at your leisure.

## Swim Training

If you want details on swim basics, as well as safety information and details on Open Water Swimming then you'll find our downloadable [Swim Training PDF](#) very useful. It also includes links to videos on tumble turns, plus details on useful swim kit and pool aids.

## Bike Training

Our downloadable [Bike Training PDF](#) will provide plenty of details and links to information on subjects that include: bike safety, group riding, training techniques, FTP (Functional Threshold Power) testing and why it's so damn useful, plus advice on pre-ride bike checks, and repairs.

## Run Training

To be a better runner, isn't just about more miles or running harder. It's also about running smarter. On our downloadable [Run Training PDF](#) you'll find details on technique, e.g. stride length, cadence, posture, which are key to being a more efficient runner, and to reducing the risk of injury. You'll also find tips on keeping yourself safe, equipment (shoes!), and our regular run locations.

## Strength and Conditioning

While Transition may be the fourth discipline, one element of training that is often overlooked by amateur triathletes is the discipline of working on strength and conditioning, as well as flexibility. Regular core sessions plus strength & conditioning workouts will help you become a stronger, more efficient, and less injury prone athlete. Check out our downloadable [Strength and Conditioning PDF](#) for tips on core workouts, and benefits of Pilates and Yoga.

## More Info:

### **Tips from BTF (British Triathlon Association)**

[Getting the most from Tri](#) – compete or just complete? New to cycling, swimming? Age group?

[Goal setting](#) – smashing your triathlon goals

[Tips for 1<sup>st</sup> Race of the season](#) – advice and tips

[Race day](#) – training tips

[Nutrition](#) – eating like a pro, nutrition advice

[Strength and Conditioning](#) – key exercises to help support your

[Transition](#) – tips for beginner by ex-pro Will Clark

### **Safety**

[ICE](#) – Stands for In Case of Emergency. Add your emergency contact details to your phone using this common feature. This ensures your emergency contact can be reached without needing to unlock your mobile.