

2009 TRIATHLON CHALLENGE

“Swim.....BikeRun”

Do you need a fitness goal to help motivate you? Have you ever wondered if you could complete a triathlon? If the answer to those questions is “Yes”, then the 2009 Lake Nasworthy Triathlon is the event that you have been looking for. It will take place on **July 12**, and will consist of a **300 yard swim, 10 mile bike ride**, and a **2 mile run/walk**. This race distance is considered to be a “Sprint Distance” triathlon because **the distances are fairly short**.

What kind of shape do you need to be in to start training for the Lake Nasworthy Triathlon? If you can currently **swim a little** (let’s say 2X lengths in a pool), ride a bike **for 15 minutes**, and **run or walk one mile** the Beginner Sprint Distance plan listed below will prepare you for the July 12 event.

How do you get started? Assuming that you are in good health (**ask your doctor**), the first step is to decide on a workout schedule, put in on your calendar, and then get started. Remember that if you start soon (let’s say May 24), then you’ll have seven weeks to **gradually prepare** for the event. **Each workout is just a small step**; for example, in the Beginner Sprint Distance plan you’ll note that the first session on the bike is an easy 15 minutes and the first run/walk is only 2.5 km (about 1.5 miles). The training plan will then gradually guide you through slightly longer and faster sessions to the point that **you are ready** to complete the triathlon.



Beginner triathlon training group

Starts Monday evening, May 18, at 6:30 pm in Mary E Lee Park (Lake Nasworthy swim beach). Contact Bill Cullins at 223-9321 or email bcullins@verizon.net for more information. To get an event flyer for the triathlon, go to www.sanangelobicycle.com, www.roadlizards.org, or www.getthehealthysanangelo.com and look for the Suddenlink Lake Nasworthy Triathlon link. You can also sign up on-line at <http://www.active.com> ID=1735215.

Sample Training Plans

1. Beginner Sprint distance

- <http://www.trifuel.com/triathlon/training-programs/triathlon-training-program-for-beginners-000060.php>

2. Sprint distance (for more experienced athletes)

- <http://www.trifuel.com/triathlon-training/Sprint-Triathlon-Training.php>

3. Beginner Olympic distance (i.e., new to the Olympic distance 1500 swim, 40K bike, 10K run)
 - <http://www.trifuel.com/triathlon-training/Olympic-Triathlon-Training.php>

4. Olympic distance (for more experience athletes)
 - <http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=30>
 - http://www.trinewbies.com/tno_trainingprograms/tno_18wOly.asp

Example Weekly Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike	Swim	Run or walk/run	Bike	Swim	Off	Run or walk/run
(Examples of areas where you can do the workout activities)						
Ride through Spring Creek Park and then out the back gate to the Twin Buttes Spillway and back.	Spend a relaxing evening with family or friends at the beach or pool while getting in an easy swim workout.	Enjoy the downtown River Trail while working out.	Ride across the OC Fisher dam after work and enjoy the view. Form a group and do this with family or friends.	Spend a relaxing evening with family or friends at the beach or pool while getting in an easy swim workout.	Rest, or go for an easy walk and then out to dinner.	Do a fun jog or walk/run on the dirt roads in Middle Concho park or along the trails on Spillway Hill.

7 Week Sprint Triathlon Program for Beginners
(Distances in miles and yards)

Weeks	1	2	3	4	5	6	7
Mon	Swim 3x50 yards Easy	Swim 4x50 yards Easy	Swim 6x50 yards Easy	Swim 3x100 yards Steady	Swim 2x150 yards Steady	Swim 2x200 yards Steady	Swim 2x200 yards Easy
Tues	Bike 15min Easy	Bike 20min Easy	Bike 25min Easy	Bike 15min Easy	Bike 20 min Hills	Bike 25min Hills	Bike 20min Easy
Wed	Run 1 mile Walk-Run	Run 1.5 miles Walk-Run	Run 1.75 miles Walk-Run	Run 1.5 miles Walk-Run	Run 2 miles Walk-Run	Run 2.5 miles Walk-Run	Run 1 mile Walk-Run
Thur	Swim 100 yards	Swim 150 yards	Swim 200 yards	Swim 250 yards	Swim 300 yards	Swim 400 yards	Swim 4x100 yards
Fri	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off
Sat	Bike 3 miles Easy	Bike 5 miles Easy	Bike 8 miles Easy	Bike 8 miles Easy	Bike 10 miles hills with 5min easy run after	Bike 10 miles steady on race course with 5 min easy run after	Check equipment 15 min bike spin 10 minute walk/jog
Sun	Run 1 mile Walk-Run	Run 1.5 miles Walk-Run	Run 2 miles Walk-Run	Run 2 miles Walk-Run in hills	Run 2 miles Walk-Run in hills	Run 2.5 miles Try to run whole distance	Race Day!

Notes regarding training plans:

- The training plans shown are guidelines only, and you will probably need to modify some aspects to fit your needs and schedule.
- Always try to schedule at least one (and maybe two) recovery days per week where you either rest completely (no workout) or at least do an easy low impact training sessions such as swimming. Remember that your body gets stronger during the recovery days after hard workouts, not during the workouts. Easy recovery days during the week and an occasional easy week every 3-4 weeks are extremely important!
- As a general rule, you want to get in at least two workouts per week in each discipline (cycling, running, and swimming). Pacing is important during workouts, especially for beginners. As a general rule, you should be able to carry on a broken conversation during all training sessions. If you're working too hard to talk at all, slow down.
- Before starting into a training program, visit your family physician and get his/her OK to proceed to insure that you don't have a health condition that might make working out dangerous for you.