

Follow this FREE plan to prepare for the Inaugural Denver Triathlon

2 Week Blocks	Weekday goals	Weekend Goals
May 2nd to May 15th	<ul style="list-style-type: none"> -Have at least one day off a week, two days of running, 2 days of biking and one day with biking followed by running -Strive to get at least one long bike ride in at an easy pace of 30-60 min. -Work on technique drills to increase efficiency while maintaining low to moderate heart rates. (this applies to all 3) 	<ul style="list-style-type: none"> -Plan out your projected race time for the Denver Triathlon by measuring your speed for swimming 100 meters, biking 3 miles and running 1 mile as a baseline. This will help to project your current pace for measuring improvement. Each week you should increase your time with weekend brick (bike/run) workouts.
May 16th to May 29th	<ul style="list-style-type: none"> -Continuation of last two weeks with an increase in durations/mileage. -You should be getting more efficient with your drills and be able to feel an increase in ability. -Plan ahead for at least one practice swim in a lake. 	<ul style="list-style-type: none"> - Try to get out to some hilly bike rides and running assisting with leg strength and endurance. Effort should be moderate for the entire workout but be sure to get some time in with easy effort to recover.
May 30th to June 5th	<ul style="list-style-type: none"> -Your fitness should be improving enough that you can continuously maintain the distance for at least half of each sport individually. -Focus on increasing distances covered and maintaining perfect form for each sport. 	<ul style="list-style-type: none"> -Cover at least 50% of the bike distance with 25% of the run distance. Practice with hydration and nutrition to ensure adequate energy during the event. -Swim in a lake to practice sighting and follow with a quick bike transition.
June 16th to June 26th	<ul style="list-style-type: none"> -Start adding more distance in the swim and practice getting out of the pool and going straight to a short bike ride. -Bike rides and runs should begin to get faster and longer with moderate intensity. 	<ul style="list-style-type: none"> -Long bike ride with longer run this weekend with moderate intensities. -Clothing for race day should be considered and used to ensure comfort
June 27th to July 10th	<ul style="list-style-type: none"> -Push your effort level with workouts at moderate to high intensity -You should be able to comfortably complete the entire distance of each event individually. -Be sure to have at least one day of easier levels of intensity to recover 	<ul style="list-style-type: none"> -Practice bike handling skills, transitions and get your equipment checked and set. -Aim for a brick workout that is 85% of the distance of all events. If possible, do a practice tri.
July 11th to July 24th	<ul style="list-style-type: none"> -Speed work is critical but volume should be reduced the week of the race. Focus on good nutrition, adequate hydration and rest before the event. Be sure you have already practiced with food and sport drinks/gels and clothing for event day. 	<ul style="list-style-type: none"> -You are ready to go! Get rest, check out the course prior to race day and be sure to check your transition checklist so that you have all the right gear for race day. Enjoy the race and smile for the finish line!

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