

## **International (Olympic) Distance Triathlon**

(1.5K swim, a 40K bike ride, and a 10K run but the distances can vary slightly depending on the event)

### **Establish your fitness level**

Below are some guidelines to help you establish your fitness level for EnduranceOnline Training programs for an International Distance Triathlon. Remember that these are general guidelines designed to help you determine the most efficient starting place for your training. You do not currently have to be proficient at every discipline to use these schedules.

If you fall in between skill levels, look at the sample schedules for both levels in question. Match yourself to a level in which the first week of training most closely fits, *or is slightly less* than what you are currently doing. It's also important to consider your time commitment to training for your race and your goals for the race. For example: if the first week of the beginner schedule seems very easy, then consider purchasing the next level. However, if the intermediate schedule seems a little too much of a time commitment *and* your goals are to have fun and finish the event, then choose the easier level.

It's also important to note that the peak training weeks for each schedule set will be approximately a 25-35% greater work load (hours per week) than what the sample first week shows. The motive is to ease you safely into your program. Take your training time into consideration when choosing your fitness level.

### **International Distance Triathlon**

Your current training schedule:

**Beginner** – You train 2-4 days per week sometimes more sometimes less. Your sessions last between :20 minutes and 1 hour—sometimes more. Some weeks are consistent, and some are not. You have been an endurance athlete for at least a few months and have dabbled in one or several different sports. You may or may not have experience with triathlon. Your main goals are to be able to complete the event and have fun. You are either relatively new to endurance sports and/or you have a very tight schedule and minimal time to spend training.

**Intermediate** – You train 4-6 days per week. Your sessions vary in length but generally last between :30 minutes and 2 hours—sometimes more. You have been an endurance athlete for more than several months and have done some swim, bike and run training, with your focus being on at least one of these sports. You may or may not have experience with triathlon. You have either done some triathlons prior, or you have raced bikes, 10K run races, open water swims or other similar events. You would like to take your training and racing to the next level.

**Advanced** – You train 6-7 days per week consistently. Your sessions vary in length but generally last between :30 minutes and 3 hours—sometimes more, sometimes less. Your training is consistent though you do miss workouts now and then. You have been an endurance athlete for over a year and have done some swim, bike and run events. You take your training seriously and would like to take your training and racing to the next level.

Skill level - cycling:

**Beginner** – Minimal cycling experience required.

**Intermediate** – Cycling experience is required.

**Advanced** – Cycling experience is required.

Skill level - swimming:

**Beginner** – You must need to know how to swim and be able to swim any stroke in a pool for 500 yards.

**Intermediate** – You must be able to swim freestyle and be able to swim continuously for 1000 yards.

**Advanced** - You must be able to swim freestyle, have some experience with open water swimming and swimming in a triathlon. You must be able to swim continuously for 1500 yards

Skill level – running:

**Beginner** – You need to feel comfortable running, walking, and/or run/walking for : 30 minutes.

**Intermediate** – You need to feel comfortable run/walking for 1:00 hour and/or running for :40 minutes.

**Advanced** – You need to feel comfortable running, for 1:00 hour.

Race history:

Note: There is no pre-requisite to having raced in this sport before embarking on these training schedules. The schedule level references your current fitness level rather than your experience level. Below are some recommendations.

**Beginner** – You may or may not have done a triathlon.

**Intermediate** – You may or may not have done a triathlon.

**Advanced** – You have done a triathlon of any length.