

15 WEEK
INTERNATIONAL
DISTANCE TRAINING
BLUEPRINT

TRIATHLON
EXPERTS.COM

*Daily workouts
designed to
prepare your
body for the
rigors of
Triathlon
racing!*

The 15 Week International Distance (Olympic Distance) Training Blueprint is intended to serve as a basis for you to develop your short course race specific plan.

Every race course is different just like each of us has different strengths and weaknesses and unique demands on our time. Fine tune the plan for your specific requirements. If your race has a hilly bike course then you'll need to either incorporate riding in the hills or simulate hill riding to properly train your body. If your race has a flat course then you'll need to get plenty of focused time in the aero bars and spend some time at the running track.

A word of caution: The Blueprint is not the starting point to your triathlon training.

Prior to jumping into this program you need to build a solid aerobic base that will support your race specific training and minimize the risk of injury. Spend at least 6 and preferably closer to 12 weeks in the aerobic base building phase before starting this program.

If you're getting a late start to your training then reduce your exercise intensity in the first 3 – 6 weeks of the Blueprint and focus on building your aerobic base. Make sure you are building toward comfortably covering the race distance first. If you have questions about how to adjust the intensity, shoot me an email at Jay@Triathlonexperts.com and we'll get you moving in the right direction.

As a general rule of thumb, you need to be able to comfortably swim for 45-60 minutes, bike for 2-3 hours, and run 45-60 minutes before jumping into this program (not necessarily one after the other to start). It's also a good idea to be in the habit of training twice a day before starting this program.

Otherwise it will be challenging to follow this plan over the course of 15 weeks.

If you're able to substitute a race in place of a simulated race then eliminate the intensity in the week before and the week after the race.

Race Tapering:

- 1. A Race (Highest Priority): Full taper of 2 weeks,**
- 2. B Race (Important Training Race): 4-7 Days**
- 3. C Race (Training Day): 2-3 Days**

If your goal race is a Sprint Distance instead of an International Distance then reduce the long training sessions by 20-30%. Keep the other training sessions consistent.

Disclaimer: Information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any injury or disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any training, dietary or lifestyle changes. The material provided in this plan is for educational purposes only.

Definitions and Explanations

For each workout the overall duration and key focus or main set (MS) is provided. Ex: Week 15: Tuesday swim session is 2000 yards (meters) and the main set is 10 x 50 Fast, 10x25 Fast, 5x50 Kick...20" (second) rest interval (RI) between each 50 or 25. The total main set is 1000 yards (meters). The remaining 1000 yards (meters) consists of warm up, your choice of other strokes, and cool down.

A sample warm up: 100 freestyle, 100 breast stroke, 100 back stroke, 4 x 25 kick, and 4 x 25 drill sets = 500 yards (meters).

A sample cool down: 2 x 50 back stroke, 4 x 50 drill sets, and 200 easy freestyle = 500 yards (meters).

Specific Terms:

- **10", 20" 30":** 10 seconds, 20 seconds, 30 seconds
- **30', 60', 90':** 30 minutes, 60 minutes, 90 minutes
- **RI:** Rest Interval
- **LT:** Lactate Threshold
- **Fast:** Slightly above race pace
- **Hard:** Pushing above LT
- **T-Run:** Transition run: A run immediately or very shortly after cycling.
- **Drills or Drill sets:** Technique drills to improve efficiency (free speed). If you need some ideas, email me at Jay@Triathlonexperts.com and I'll send

you some.

- **Strides:** Short fast runs lasting 5 – 30 seconds
- **Short Warm Up (Swim):** Swim 200-300 yards before starting the main set...prepares your body for the swim start by simulating race day.
- **Progressive:** Build speed through each repetition: Ex: Swim: 10 x 75
Progressive: In each 75 the second 25 is faster than the first and the third 25 is faster than the second.
- **Split Ride:** As the name implies the ride is split into two sessions. The second session is usually a 60' trainer ride. By splitting the ride you will gain more cycling fitness and, perhaps more importantly, you'll become mentally stronger. Getting on your trainer later in the day after a 1.5-2.5 hour ride isn't easy...but it will pay off in a big way on race day.

15 Week International Distance Training Plan

Week 15: Run Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2000yds: MS: 10x50 Fast, 10x25 Fast, 5x50 Kick...All w/20" RI

Bike: Off

Run: 30' Run w/5x1' Fast w/3' RI

Weights: Stretch & Abs

Wednesday:

Swim: 2000yds: MS: 2x(100Back/100Breast/100Free/100Kick)...20" RI between each 100

Bike: Off

Run: 30' Aerobic Run w/4 x Drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 40' Trainer Ride w/5x2' Hard/3' Easy

Run: 20' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 2500yds (Short Warm Up): MS: 5x200 w/Every 4th Lap Fast/ 20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 60' Ride or 30' Trainer ride after run

Run: 45' Run w/2x(5x20" Strides/40" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 60' Ride or 30' Trainer ride after run

Run: 30' Run

Weights: Stretch & Abs

Week 14: Bike Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2000yds: MS: 10x50 Fast, 10x25 Fast, 5x50 Kick...All on 20" RI

Bike: Off

Run: 30' Run w/5x1' Fast w/3' RI

Weights: Stretch & Abs

Wednesday:

Swim: 2000yds: MS: 2x(100Back/100Breast/100Free/100Kick)...20" RI between each 100

Bike: 45' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 40' Trainer Ride w/5x2' Hard/3' Easy

Run: 20' T-Run w/6x10" Strides

Weights: Stretch & Lower Body

Friday:

Swim: 2500yds (Short Warm Up): MS: 5x300 w/Every 3rd Lap Fast/ 20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 60' Ride or 30' Trainer ride after run

Run: 45' Run w/2x(5x20" Fast/40" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2-3Hr Ride

Run: 30' T-Run

Weights: Stretch & Abs

Week 13: Recovery Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2000yds: MS: 10x50 Fast, 10x25 Fast, 5x50 Kick...All w/20" RI
Bike: Off
Run: 30' Run w/5x1' Fast w/3' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2000yds: MS: 2x(100Back/100Breast/100Free/100Kick)...All w/20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 40' Trainer Ride w/5x2' Hard/3' Easy
Run: 20' T-Run w/6x10" Strides
Weights: Stretch & Lower body

Friday:

Swim: 2500yds: (Short Warm Up): 3x500 Timed w/30" RI between each 500
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 45'-60' Aerobic Ride
Run: 20'-30' T-Run: Keep it Aerobic
Weights: Stretch & Abs

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 12: Run Focus Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2500yds: MS: 10x75 Progressive, 10x25 Fast, 5x50 Kick...All on 20" RI

Bike: Off

Run: 40' Run w/5x2' LT Sets w/3' RI

Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 200/2x100/200/4x50/200...All on 20" RI

Bike: Off

Run: 40' Aerobic Run w/4-6 x Drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 50' Trainer ride w/5x4' LT Sets/2' RI

Run: 20' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 6x300 w/Every 3rd Lap Fast/30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 90' Ride or 45' Trainer Ride after run

Run: 60' Run w/2x(5x30" Strides/30" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 90' Ride or 45' Trainer ride after run

Run: 45' Run w/4-6 x Drills

Weights: Stretch

Week 11: Bike Focus Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 10x75 Progressive, 10x25 Fast, 5x50 Kick...All on 20" RI
Bike: Off
Run: 40' Run w/5x2' LT Sets w/3' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 200/2x100/200/4x50/200...All on 20" RI
Bike: 45'-60' Easy Ride
Run: Off
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 50' Trainer Ride w/5x4' LT Sets/2' RI
Run: 20' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 3x600 w/Every 3rd Lap Fast/ 20"-30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 1.5-2Hr Ride after run
Run: 45'-60' Run w/2x(5x30" Fast/30" Easy)
Weights: Stretch & Abs

Sunday:

Swim: Off
Bike: 3Hr Split Ride...2.5Hr Ride in morning & 30' Trainer Ride in afternoon
Run: 20' T-Run after trainer ride in afternoon
Weights: Stretch & Abs

Week 10: Recovery Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 2x(10x50 Fast w/20" RI & 100 Kick)
Bike: Off
Run: 40' Run w/5x2' LT Sets/3' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 300/2x150/300/4x75...All on 20" RI
Bike: 40' Trainer Ride
Run: 20' T-run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 50' Trainer Ride w/6x3 Hard w/2' RI
Run: 20' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 3000yds: (Short Warm Up): MS: 8x200 w/Every 4th Lap Fast/20"-30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 60'-90' Ride
Run: 30' T-Run
Weights: Off

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 9: Run Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2500yds: MS: 8x75/8x50/8x25...All Fast on 20" RI

Bike: Off

Run: 50' Run w/6x2' Hard/4' Easy

Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 300/2x150/300/4x75...All on 20" RI

Bike: Off

Run: 50' Easy Aerobic Run

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer Ride w/5x6' LT Sets/2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 1500 Continuous w/Every 3rd lap fast

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 60'-75' Run w/4x(5x30" Strides/30" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 45' Run

Weights: Stretch & Abs

Week 8: Bike Focus Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 8x75/8x50/8x25...All Fast w/20" RI
Bike: Off
Run: 50' Run w/4x5' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 8x200 All on 20" RI
Bike: 60'-90' Easy Ride
Run: Off
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60' Trainer ride w/8x3' Hard/2' Easy
Run: 30'-45' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 3x600 w/Every 3rd Lap Fast w/30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 2Hr Ride or 60' trainer Ride after run
Run: 60'-75' Run w/2x(5x30" Fast/30" Easy)
Weights: Stretch & Abs

Sunday:

Swim: Off
Bike: 3Hr Split Ride...2.25Hr Ride in morning & 45' Trainer Ride in afternoon
Run: 30' T-Run after trainer ride in afternoon
Weights: Stretch

Week 7: Recovery & Race Practice Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 8x75/8x50/8x25...All Fast w/20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 300/2x150/300/2x150...All on 20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Friday: Practice Pre-Race Day Nutrition Plan

Swim: 500-1000yds w/5x10 Stroke Surges
Bike: 20' Ride w/a Few 20" Surges
Run: 10' Run w/4x10" Strides
Weights: Stretch

Saturday: Practice Race Day Nutrition Plan

Swim: 2000yds (Short Warm Up): MS: 1200 Continuous w/Every 4th Lap Fast (Do this swim on Friday if Saturday morning is not an option)... No need to ride immediately after swim.
Bike: 2Hr Aerobic ride... No need to run immediately after ride.
Run: 45'-60' Aerobic Run
Weights: Off

Sunday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 6: Run Focus Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2500yds: MS: 2x(10x50 Fast & 100 Kick)...All on 20" RI

Bike: Off

Run: 60' Run w/6x2' Hard/4' RI

Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 400/2x200/4x100/400 All on 20" RI

Bike: Off

Run: 60' Aerobic run w/4-6 x Drills Sets

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer Ride w/4x8' LT Sets/2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 2x800 w/Every 4th Lap Fast w/20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday: Biggest Run Day

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 90' Run w/3x(5x30" Strides/30" easy)

Weights: Stretch

Sunday:

Swim: Off

Bike: 2Hr ride or 60' Trainer ride after run

Run: 60' Run

Weights: Stretch

Week 5: Bike Focus Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 2x(10x50 Fast/20" RI & 100 Kick)... All on 20" RI
Bike: Off
Run: 60' Run w/5x5' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 300/2x150/300/4x75/300...All on 20" RI
Bike: 60'-90' Easy Ride
Run: Off
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60' Trainer Ride w/8x3' Hard/2' Easy Spin
Run: 30'-45' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 3000yds (Short Warm Up): MS: 2000 Continuous w/every 4th lap fast
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 2Hr Ride or 60' Trainer Ride after run
Run: 60'Run w/20 x 10" Strides
Weights: Stretch & Abs

Sunday: Biggest Ride

Swim: Off
Bike: 3.5Hr Split Ride...2.5Hr Ride in morning & 60' Trainer Ride in afternoon
Run: 30' T-Run after trainer ride in afternoon
Weights: Stretch

Week 4: Recovery Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 2500yds: MS: 2x(10x50 Fast w/20" RI & 100 Kick)
Bike: Off
Run: 60' Run w/3x10' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 300/3x100/300/4x75/300...All on 20" RI
Bike: 40' Easy Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60' Trainer Ride w/4x8' LT Sets/2' RI
Run: 30' T-Run
Weights: Stretch & Abs

Friday:

Swim: 3000yds (Short Warm Up): MS: 5x400 w/Every 4th lap Fast w/30" RI
Bike:
Run: Off
Weights: Stretch & Abs

Saturday:

Swim: Off
Bike: 60'-90' Easy Ride
Run: 30' T-Run
Weights: Stretch & Abs

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 3: Swim Build Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2500yds: MS: 8x75/8x50/8x25 All Fast w/20" RI

Bike: Off

Run: 60' Run w/6x5' LT Sets w/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 2500yds: MS: 5x300 w/Every 3rd Lap Fast...All 30' RI

Bike: 60' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer ride w/3x12' LT Sets/3' RI

Run: 30' T-Run

Weights: Stretch & Abs

Friday:

Swim: 3500yds (Short Warm Up): MS: 3x800 w/Every 4th Lap Fast & w/30" RI

Bike: Off

Run: Off

Weights: Stretch & Abs

Saturday:

Swim: 3000yds: MS: 10x100 Fast & 10x50 Fast...All w/20" RI

Bike: Off

Run: 60' Run w/2x(5x30" Fast/30" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2-3Hr ride

Run: 30' T-run

Weights: Stretch & Abs

Week 2: Taper Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 2500yds: MS: 8x75/8x50/8x25 All Fast w/20" RI

Bike: Off

Run: 45'-60' Run w/10x20" Strides

Weights: Stretch Abs

Wednesday:

Swim: 2500yds: MS: 6x200...All on 30" RI

Bike: 60' Trainer Ride: 10x1' Hard/4' Easy

Run: Off

Weights: Stretch & Abs

Thursday: Recovery Day

Swim: Off

Bike: 40' Easy Spin

Run: 20' Easy T-Run

Weights: Off

Friday: Recovery Day

Swim: 2000yds: MS: 10x50 Drill & 10x50 Fast

Bike: Off

Run: Off

Weights: Stretch & Abs

Saturday:

Swim: 3000yds (Short Warm Up): MS: 6x300...All on 30" RI

Bike: Off

Run: 60' Run w/8x1' Quick/4' RI

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2Hr Ride

Run: 20' T-Run

Weights: Stretch & Abs

Week 1: Race Week

Monday:

Swim: 2500yds: MS: 10x75 Progressive, 10x25 Fast, 5x50 Kick...All on 20" RI

Bike: Off

Run: 40' Run w/10x20" Strides

Weights: Stretch

Tuesday:

Swim: Off

Bike: 60' Ride w/6x30" Surges

Run: Off

Weights: Stretch

Wednesday: Travel Day

Swim: Off

Bike: Off

Run: 20'-30' Run w/6x20" Strides

Weights: Stretch

Thursday:

Swim: 20'-30' Swim w/6x20 Stroke Surges

Bike: 30' Ride w/5x20" Surges

Run: Off

Weights: Stretch

Friday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Saturday:

Swim: 10'-15' w/5x10 strokes fast

Bike: 20' w/5x20" fast

Run: 10'-15' w/5x10" fast

Weights: Off

Sunday: Race Day

Swim: 1500 Meter Swim

Bike: 40K Bike

Run: 10K Run