



Olympic Distance Triathlon Training Plan: 14 week self-coaching triathlon training calendar. (Triathlon Geek)

Coach Julian Dean

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The Olympic Distance Triathlon training plan is a 14 week self-coach guide for athletes of all levels. The training plan comes with 3 training levels from the beginner athletes to the elite and pro athletes. We have captured all the training elements and resources you need to be successful on race day. You will not only achieve your training goals but you'll experience the level of fulfillment you truly desire and deserve. As you train on a daily basis with this training plan, you will find that each workout is achievable. Some workouts however, will challenge you to break through a threshold you never once thought you could achieve.

Below are the unique features in this training plan:

3 athletic levels of training per sport (Age Grouper, Elite and Pro Athletes).

Triathlon specific Weight training and Core Strength routines for power and muscular endurance.

Detailed workout plans each day.

Balanced approach to endurance training so you do not burn out.

5 Key training phases to achieve a peak state on race day.

2 Active Recovery phases.

Suitable for all levels of fitness including beginners.

At-a-glance training plan - one page per week.

Workouts are easy to read and follow.

Time-Intensity grid for each training day - allowing you to mentally gauge how intense or long your workouts will take.

One Day off per week.

Swim, Bike and Run drills.

Workouts include Brick, Speed Work, Endurance and Power routines.

Longer workouts on the weekend and Shorter workouts on the weekday to balance work life commitments.

Please note that this training plan is encoded in "Yards" for the swim workouts and "miles" for Bike and Run workouts. An international plan is available to Athletes living outside of North America. The international training plan is encoded in "Meters" for the swim and "Kilometers" for the Bike and Run. This training plan is intended to athletes training in North America.

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