



National Triathlon Training CampSM

www.NTTCracing.com

Custom triathlon training program for: _____

NTTC Trainer: _____

Program Cycle: From _____ To _____

Welcome to your custom triathlon training program! Thanks for choosing the NTTC! Our goal is to make your training more efficient and enjoyable. We want you to get the most out of your valuable time and effort in order to achieve results faster. The program that follows is based on NTTC's proven method of triathlon training, developed over years of designing triathlon training programs for hundreds and hundreds of triathletes. The program has been tailored specifically for you based on the information you provided about your athletic background, goals, available training time, and planned race schedule. Remember, before you embark on your training, it is very important to get a medical check-up and clearance from your physician! The program is presented in sections, starting with our training philosophy. We then talk about "training tools" for your program and, finally, the specifics of the training itself.

Good luck! And, have FUN!

Table of Contents

<i>NTTC Training Philosophy</i>	<i>Page 2</i>
<i>Triathlon Training Tools</i>	<i>Page 3</i>
<i>Getting Started</i>	<i>Page 4</i>
<i>Weekly Training Blocks</i>	<i>Page 5</i>
<i>Appendices</i>	<i>Page 12</i>
• <i>Goal Tracking Sheet</i>	
• <i>Weekly Schedule Form</i>	
• <i>Triathlon Training Log</i>	
• <i>Workout Specifics</i>	

NTTC Online Training is presented by:



NTTC Training Philosophy

Our training philosophy provides the “backbone” for all the programs we develop and is comprised of the following **four keys to success**.

1. Establish realistic short-, middle-, and long-term goals!

It's important to always have short-, middle-, and long-term goals. Think of short- and mid-term goals as stepping stones on the path to achieving your long-term goal or goals. Without the short- and mid-term goals, it's easy to lose focus on the road to your long-term goal. Above all, your goals need to be REALISTIC - challenging, but not to the point of being impossible to achieve. Realizing a well established goal will provide a sense of accomplishment and offer a benchmark of your current state of fitness.

2. More is not always better; consistency is the key!

We've observed, on more than one occasion, the tendency of inspired age-group triathletes to launch wholeheartedly into a training regimen that rivals that of some of the more hardcore pros on the circuit. More often than not, these programs are not sustainable over the long run and may also lead to injuries. The result is that an athlete goes all out for a few weeks, gets injured or mentally burned out, and, finally, stops training or drastically reduces his or her training mileage. The cycle is then repeated. Training over time becomes a series of ups and downs. We believe in biting off a bit less, perhaps, but an amount that is sustainable over the long run. Training consistency leads to increased fitness and performance!

3. Always know how fast you're going!

We're going to ask that you pay attention to your pace during each and every workout. Your speed in the water or on land is an important measure of the quality of your workout. But beyond that, it's an accurate indicator of your current state of fitness and level of exhaustion. By design, some days will involve hard workouts (intervals or time trials). Other days will feature easy or recovery workouts. Regardless of the type of workout (easy or hard), some days you'll feel great and others you'll feel, well, let's say, “not so great” (i.e. horrible). Watching the clock, no matter how you feel or how hard or easy the workout, will enable you to better understand your body and its limits, leading, eventually, to better and faster racing. Forcing yourself to always know your pace will make a big difference over time!

4. Log your training and racing results!

The only way to know what and how you are doing over time is to have a tool that shows you. Not only is your log useful in gauging your current progress, but also for designing future training. Let's say I raced a Half Ironman last year. This year, I decide that one of my goals is to go back and try to knock a half hour off my time. I want to include elements of last year's program that worked, but eliminate or change things in my training that I think didn't help my result. But, what exactly did I do last year to prepare? Your memory can play tricks on you, especially over long periods of time. But, if I kept a log, it shows me exactly what I did leading up to last year's race. So, now I have a tool to use to help me design this year's training program. It is *ABSOLUTELY ESSENTIAL* that you use a triathlon training log to record your workouts and race results!

Triathlon Training Tools

1. Triathlon Goal Tracking Sheet

We've provided a goal tracking sheet and filled in the goals you specified with suggested modifications and additions where appropriate. At least one of your long-term goals should be a result that is to be achieved by the end of the season or the end of the year (e.g. complete a specified Olympic Distance Triathlon or Half Ironman, etc.). A mid-term goal might be a desired result (time or place) at a selected mid-season race. Short-term goals are those that can be achieved within this 12-week training cycle. You will be working on short-term goals in all three sports. These goals might be race related or workout related (e.g. hit a certain time for a workout bike time trial or swim 1,000 yards without stopping) You'll also have monthly workout yardage and mileage goals. (See your **Goal Tracking Sheet** for more!)

2. Triathlon Training Log

We talked about the importance of keeping a log. The one that we've provided is simple and easy to use. One page for each month of the year and one line for each day of the month. More complicated logs that ask for more detailed entries often become too much work to maintain over the long run. Remember consistency is the key! If you want to use a more elaborate log, go for it. But if you're looking to do the minimum when it comes to logging your workouts, stick to the one we've provided. Either way, you really need to keep a log! The NTTC log has space to record your daily swim yardage, bike mileage, and run mileage. In the "Comments" section, record any time trial times along with pertinent splits. There is also a column on the far right to check mark if you did a weights workout, stretching, or strength exercise session. At the end of the month, calculate your swim, bike, and run totals and figure your weekly averages for the month. (See your **NTTC Training Log** for more!)

3. Heart Rate Monitors

You may currently use a heart rate monitor in your workouts. This is not a necessary training tool of your NTTC program. However, there are benefits for those who choose to use them. Primarily, it allows you to more accurately monitor your level of effort during a workout and lets you know when you are overexerting or "under exerting." We've included a target heart rate training zone for most of your bike and run workouts. If you elect to use a heart rate monitor, try to stay within the specified target range for the duration of the ride or run (excluding warm up and warm down time). The target rates we've included for you are based on a percentage of your **estimated maximum heart rate (HRM_x)**. If you're a relative newcomer to the sport or have been out of training for awhile, we've calculated your HRM_x by taking the number 220 less your age. So, if you're 40 years old, your HRM_x is 180 ($220 - 40 = 180$). If you've been triathlon training and racing for awhile and are currently training aerobically more than three times a week, we've calculated your HRM_x by taking 205 less one-half your age. In this case, our 40 year-old would have a HRM_x of 185 ($205 - (.5 \times 40) = 185$).

4. Workout Specifics

Many of the workouts are too involved to describe in detail in your weekly training block. In these cases, we've simply referenced a workout number (e.g. Swim Workout #3, etc.) on your training block. You'll need to then lookup the referenced workout in the "**Workout Specifics**" section in the Appendices.

5. Bicycle Resistance Trainers and Treadmills

If you live in the city or an extreme climate, you may find it necessary to do part (or maybe most) of your bike training on a Resistance Trainer. Even if you choose this option, you should still try to find a bike course that you can ride occasionally. Riding on the road is the only way to fully develop your bike handling skills, especially for climbing and descending. Likewise, if the conditions warrant, you may elect to do some of your running on a treadmill. We've included both bicycle resistance trainer and treadmill running workouts in your weekly training blocks that you can substitute for road workouts. Additional resistance trainer and treadmill workouts can also be found in the "**Workout Specifics**" section in the Appendices.

6. Weights, Exercises, and Stretching

Your weekly training will likely include some time for stretching, strength exercises, and/or light to moderate weight lifting. The amount of time spent doing these activities will depend on the time of year and where you are in your training, but will usually be no longer than 15 to 30 minutes following another workout. You'll see these sessions in your weekly training blocks and find the details of the workout referenced in the "**Workout Specifics**" section of the Appendices.

Getting Started

Okay, so what's first?

Good question! The answer is ...

Want more? Sign-up now for your very own [NTTC Training Program!](#)