



Official Healthcare
and Medical Provider

TRAINING PLAN























The Sports Health experts at NYU Langone offer state-of-the-art diagnostics for triathletes, including VO2 + lactate analysis, run + cycle evaluations, and nutrition consultations. As our official partner, they are offering all participants exclusive concierge access to their multidisciplinary team—whether you want to improve your performance for the big race, have an orthopedic injury, or just need an annual checkup. Visit nyulangone.org/nyctriathlon to make an in-person or video appointment.

Overview

- Warmups should be completed before each workout. A 5-10 minute dynamic stretching will greatly improve performance and reduce risk for overuse injuries.
- The 16 weeks of training are divided into four 4-week blocks, with recovery occurring on the 4th week of each block.
- This program includes two rest days during each week. Most tri programs only offer one rest day, assuming those participating are used to training consistently.
- This additional rest day allows for some flexibility in the schedule. You can move your weekday workouts to a rest day if needed, and do strength training either on Tuesday or Friday, or on one of the rest days.



PRE-PROGRAM BLOCK: BUILD YOUR AEROBIC BASE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Desired Training Intensity
16	Swim 400m Focus on Form 	Cycle 40 min Focus on Form + Strength 		Swim 400m Focus on Form + Strength 	Run 2-3 mi Focus on Form 		Cycle 45 min Focus on Form 	Zone 2 Training Zone 2 equates to a rating of about 2-4 if you were to rate the difficulty on a scale of 1-10 (i.e., your rating of perceived exertion, or RPE). If you have a heart rate monitor, this would be about 50-70% of your peak heart rate.
15	Swim 400m Focus on Form 	Run 2-3 mi Focus on Form + Strength 		Swim 600m Focus on Form + Strength 	Cycle 40 min Focus on Form 		Run 4 mi Focus on Form 	
14	Swim 600m Focus on Form 	Cycle 40 min Focus on Form + Strength 		Swim 800m Focus on Form + Strength 	Run 5 mi Focus on Form 		Cycle 60 min Focus on Form 	
13	Swim 400m 20 min Drill Work Easy 	Easy Cycle 40 min + Strength 		Swim 400m 20 min Drill Work Easy + Strength 	Run 3 mi 		Easy Cycle 75 min 	
								Recovery Week

If you have been training consistently, start directly on Block 1. If you have not, these 4 weeks are necessary to build your aerobic base. Focus on movement techniques, such as running cues and swim form, to avoid overuse injuries, as volume will build in the next block. Don't focus on heart rate or specific training zones while you work on form. Try to keep these workouts lighter in intensity.































Tip: If you don't know your training zones, we recommend getting an evaluation done at the NYU Langone Sports Performance Center.

ZONES

Nutrition Tip: People who exercise regularly need between 90 and 120 ounces of water per day! Use this prep time to focus on gradually upping your intake.



BLOCK 1: BUILD & IMPROVE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Desired Training Intensity
12	Swim 800m 	Run 4 mi + Strength  		Swim 1200m + Strength  	Cycle 90 min 		Run 6 mi 	Zones 2-3 Zone 3 is more like a 5-6 intensity—hard but still doable. These workouts are designed to improve lactate clearance and build your aerobic capacity, so ultimately you are able to do more at higher paces. This is also the correct zone for tempo running. Depending on your fitness level, your heart rate zone would be between 70-85% peak heart rate. For an experienced triathlete, it may be even higher.
11	Swim 800m 	Cycle Tempo 40 min + Strength  		Swim 1500m + Strength  	Run Tempo 3x15 min 		Cycle 105 min 	
10	Swim 1200m 	Run Tempo 20 min + Strength  		Swim 800m + Strength  	Cycle 120 min 		Run 7 mi 	
9	Swim 600m 20 min drill work easy 	Easy Cycle 60 min + Strength  		Swim 600m 20 min drill work easy + Strength  	Run 3 mi 		Easy Cycle 75 min 	Recovery Week

The goal of these 4 weeks is to build your ability to maintain a sustained effort over a prolonged period of time. An international tri may take anywhere from 2 to 4+ hours depending on your experience and fitness level.



Zone 2 is where the majority of your training should be done (about 80%). This will allow you to train the body for optimizing fat utilization as fuel, as well as building the orthopedic and muscular strength and endurance needed for the long races.

BLOCK 2: PEAK

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Desired Training Intensity
8	Swim 3 x 400m Intervals, Active Recovery	Cycle Tempo 60 min + Strength		Run 45 min, Fartlek + Strength	Swim 45 min Focus on Technique		Cycle 60 min Run 30 min	Zones 2-4 Zone 4 is a 7-8 on the RPE scale. This is the range you want for your interval work, including sprint repeats and fartlek bouts.
7	Swim 3 x 800m Race Pace	Easy Cycle 60 min + Strength		Run at Race Pace 10 min x 3 + Strength	Easy Cycle 120 min		Open Swim 30 min Cycle 60 min	
6	Swim 3 x 400m Intervals, Active Recovery	Cycle Tempo 60 min + Strength		Run at Race Pace 10 min x 3 + Strength	Swim 45 min Focus on Technique		Cycle 90 min Run 30 min	
5	Swim 800m, 20 min drill work easy	Easy Cycle 60 min + Strength		Swim 800m, 20 min drill work easy + Strength	Run 5 mi		Easy Cycle 75 min	

These 4 weeks are for maximizing your movement efficiency. Interval and tempo work will improve lactate clearance and neuromuscular coordination. Total volume does not increase, but intensity of the exercise does.



Zone 4 training may be done if you are experienced, having completed at least 1-2 international tris, 10Ks, or 25-50 mile cycling events.

































Mental Prep: Signing up for a sprint tri (or setting up your own) would be good practice to feel game-ready. This can decrease the nerves of race day, and help you find your pacing so you don't start out of the gate too fast.



Nutrition Tip: Practice fueling for your longer bricks (back-to-back swim-bike or bike-swim workouts). Find snacks that will keep you going without giving you any GI distress.



BLOCK 3: PEAK & TAPER

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Desired Training Intensity
4	Swim 4 x 400m Intervals, Active Recovery 	Cycle Hill repeats x6, 6-8 min/ Repeat, Full Recovery + Strength  		Swim Tempo 3x15 min + Strength  	Run Tempo 2x20 min 		Brick: Swim 30 min open water Cycle 60 min  	Zones 2-4
3	Easy Swim 60 min Fartlek  	Run 5 x 800m + Strength  		Cycle Tempo 3x20 min + Strength  	Run Tempo 30 min 		Option Swim-Cycle or Cycle-Run Brick Total 120 min    	
2	Swim 500, 400, 300, 200, 100, 50m; 20s Rest Between 	Cycle Hill Repeats x6, 6-8 min/ Repeat, Full Recovery + Strength  		Easy Swim 45 min 	Run 4 x 800m 		Bike 60 min Run 45 min  	
1	Light Run 30 min, Fartlek 	Easy Cycle 45 min, 1-2 min Run Fartlek  		Easy Swim 45 min, with Short Fartlek Bouts (<100m) 	Easy Cycle 60 min 	Flush Out Run 20 min 	NYC Triathlon!	

This is the last 4-week block, where you get to reap the rewards of your hard work but decrease total weekly volume. Here, you can do shorter workouts and focus on form, pacing, and speed.



Mental Prep: Visualization is a tool athletes use to perform at their best. Walk part of the course; imagine yourself finishing strong—eyes on the prize!





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