



18-WEEK FULL DISTANCE

Triathlon Training Plan

Description Document

By Krista Schultz, MEd, CSCS



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Introduction

Congratulations for taking on the challenge of an Ironman distance triathlon — an event like no other single day physical challenge in sport — *a 140.6-mile swim, bike and run odyssey!*

Racing an Iron distance triathlon is your personal challenge. No matter if your goal is the win or simply to finish, training successfully requires motivation, discipline and the proper training plan to give you the ability and the confidence to succeed.

I want to help make your training and racing experiences the best possible as I share the lessons learned, best practices and expert knowledge that I've accumulated from more than 10 years of triathlon racing (including qualifying for and competing in the Ironman Triathlon World Championship in Hawaii) and from coaching hundreds of athletes to consistently achieve top end results year after year.

Over the years, I've learned how to plan my training efficiently, how to balance my time and life effectively, how to execute better on race day, both physically and mentally, and how to consistently achieve top end results year after year.

I share this knowledge and experience with the athletes I coach, and in this *Full Distance Triathlon Training Plan* and with the accompanying *Triathlon Training Plan Guide* I'll share what I know with you and give you the tools you need to succeed in your race.

All you need now is the motivation and the desire.

Good luck and happy training,



Krista Schultz, MEd, CSCS
Exercise Physiology, Triathlete & Coach

“ The ability to conquer oneself is no doubt the most precious of all things sports bestows on us.

— Olga Korbut, Olympic Gold Medal Gymnast

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Plan Objective

The objective of this training plan is to provide the AGE GROUP triathlete with a structured and periodized plan to successfully prepare for an Ironman distance triathlon (2.4-mile swim / 112-mile bike / 26.2-mile run).

Plan Overview

The training plan progresses from 8 up to 17.5 hours (peak) of training per week prior to tapering and breaks down the 18-week training schedule into the following periods:

WEEKS	PERIOD	MAX WEEK HOURS
1-4	Base 1	10
5-8	Base 2	12.5
9-12	Base 3	14-15.5
13-15	Build	16.5-18
16-17	Peak/Taper	13.5
18	Race	5

A “typical” week during a Base Period looks like:

DAY	WORKOUT
Monday	Off Day
Tuesday	Swim / Bike
Wednesday	Run / Core Strength
Thursday	Swim / Bike
Friday	Swim / Run
Saturday	Long Bike / BRICK
Sunday	Long Run / Strength

Within your plan, I adjust the frequency, intensity and duration of the workouts each week in order to meet the desired objectives for that training period. Level of intensity is given in order to stimulate desired training adaptations and maximize training time while minimizing risk of overtraining, burnout and injury. Training intensity can be measured by a variety of methods including rate of perceived effort (RPE) — i.e. how you “feel” — and a heart rate monitor. I recommend using a heart rate monitor in combination with RPE. You will be given field tests in your plan to determine your individual intensity training zones for swimming, biking and running.

Your plan also includes a downloadable comprehensive 40+ page training guide with detailed

Plan Overview (continued)

instructions on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

Athlete Requirements

You should be able to complete the following workouts prior to beginning the plan:

- **Swim: 500 meters or yards continuously**
- **Bike: 2 hours continuously**
- **Run: 60 minutes continuously or run/walk combination**

About the Author

Krista Schultz, MEd, CSCS

Krista has helped thousands of athletes over the years through coaching, personal training and performance testing - VO2 max, blood lactate and resting metabolic rate (RMR).

Krista has her BS in Exercise Physiology and MEd in Athletic Administration. She is certified by NSCA (CSCS, CPT), USA Weightlifting, and USA Triathlon.

As a competitive triathlete, Krista has qualified and competed in the Ironman Hawaii World Championship & has represented Maryland for the Best of the US from 2006-2008 while achieving USA Triathlon All-American status four times. She also competed in Duathlon World Championship in 2006.

For more information about Krista's women's specific training plans for women offered through She Does Tri, please visit: shedoestri.com.

For more information about Krista's training plans (including run plans), please visit: enduranceworks.com.

