



The Max Multisport 12 week Chicago Triathlon Training for Women Program schedule takes twelve weeks to complete. Each week the focus is on developing a stronger foundation and your skills in swimming, cycling and running. The schedule is as follows:

- Week 1: Building Skills and Base
- Week 2: Building Skills and Base
- Week 3: Building Endurance
- Week 4: Recovery Week
- Week 5: Building Endurance
- Week 6: Building Strength
- Week 7: Building Race Skills/Speed
- Week 8: Building Race Skills
- Week 9: Building Race Skills
- Week 10: Building Race Skills
- Week 11: Building Race Skills
- Week 12: Tapering-RACE

Your First Training Workout

For the first 1-2 weeks, you are going to alternate working out in all three sports, with some rest days during the week. Work out with a watch and your heart rate monitor, using time, not distance, as the determining factor. Break up your workouts into four parts: warm-up, skill practice, main set, and warm down. Let me briefly explain each:

Warm up: A slow, easy, relaxed period, at least 5 minutes in duration. Your warm up may include dynamic stretching activities as well as performing the actual sport at an easy pace. For example, start each run by walking slowly, then increasing your pace to a slog, then jogging, and, finally, running.

Skills: A training period during which you select a specific technique and focus upon improving it. In swimming, for example, if you are a weak flutter-kicker, so to improve this skill, use a kickboard and kick one hundred or more yards during the skills portion of your workout.

Main set: This is the longest part of the training period, and is the time when the most fitness benefit is achieved. You should be working hard during this set--at your target training heart rate determined in advance.



Cool down: Like the warm up, this is an easy phase, in which you slowly bring your heart rate down toward its normal level by reducing the intensity of the activity.

During your training program, all workouts, whether swimming, cycling, or running, should include those four steps outlined above in that exact order. As you progress through the first several weeks of training, you'll add time or distance to your workouts. This is called adding *workload*, and you'll do it progressively. As you become comfortable, you'll start to put more emphasis on different types of training. Your first week will be concerned with technique training, so concentrate on improving your skills at swimming, cycling, and running.

The skills you'll need to develop depend on your background. Take your weakest or least familiar sport and learn the skills it requires, in order to make it as familiar as your best sport. After all, a three-legged stool cannot stand properly if one of the legs is shorter or longer than the other two.

During this first week you will also be building your *base* or *aerobic foundation*, which is the fitness level required to exercise for a period of time without tiring. The goal is to gradually increase your base in both training time and intensity.

This first week of training is one of the most enjoyable. The excitement of getting into shape and learning the basic skills within a sport is challenging, and doing so will give you a sense of accomplishment. As a child you rode your bike to school, ran on playgrounds, and swam in the summer time--triathlon training can be like going back to your childhood and having that same fun all over again!