

How This Triathlon Plan Works

(Athlete Notes – Please Read)

This plan is designed to help you become a triathlete, not just complete training sessions.

Early triathlon success is not about speed, distance, or pushing hard. It is about consistency, skill development, tolerance, and recovery across three disciplines.

Each discipline places different stresses on the body:

- Swimming challenges breathing control, coordination, and confidence in the water
- Cycling loads the aerobic system and legs with low impact
- Running places repeated impact through joints, muscles, and tendons

Our goal is to build you in a way that allows you to train consistently, stay injury-free, and develop confidence, especially in the swim, while progressing safely long-term.

What Success Looks Like in This Plan

You are on track if:

- You complete sessions feeling controlled and confident
- You finish most sessions feeling like you could have done more
- Muscle soreness is mild and gone within 24 hours
- Swimming, cycling, and running feel easier week to week at the same effort
- Open water swimming confidence improves gradually
- You are not feeling exhausted after training days

You are not expected to feel smashed after sessions.

Swimming Focus (Pool and Open Water)

Swimming is a skill-first discipline, especially for beginners.

Pool sessions focus on:

- Breathing control
- Body position and balance
- Stroke timing and efficiency
- Confidence and relaxation

Open water swimming is introduced later in the plan to allow skills and comfort to develop first.

Open water sessions focus on:

- Staying calm and relaxed
- Continuous swimming at easy effort
- Sighting and direction
- Confidence in non-pool environments

Feeling nervous in open water is normal. Confidence comes from repetition, control, and familiarity, not speed.

Why We Use Walk–Run Sessions

Walk–run intervals are used deliberately in this plan.

They:

- Reduce injury risk
- Allow tissues to adapt to impact
- Improve posture and control
- Build confidence and consistency

They are not a sign you are unfit.
They are a training tool.

Many experienced triathletes continue to use walk–run strategies to stay healthy and consistent.

Cycling Approach (Very Important)

All bike sessions in this plan are:

- Very easy
- Aerobic
- Controlled

Cycling is used to:

- Build aerobic fitness
- Support run development
- Add training volume without impact

You should finish bike sessions feeling comfortable, not fatigued.
There are no hard bike efforts in this phase.

Pacing Rules (Very Important)

All sessions in this plan are:

- Easy
- Conversational
- Controlled at all times

If you cannot speak in full sentences during a session, you are going too hard.

Do not chase pace targets in any discipline.
Fitness comes from consistency, not intensity.

Progression Rules

Training progresses in this order:

- Consistency
- Total time
- Frequency
- Intensity (much later)

Skipping steps increases injury risk and slows progress long-term.

Faster later comes from slower now.

How to Modify a Session (You Are Allowed To)

You may adjust a session if:

- You feel unusually fatigued
- You feel tense or sore before starting
- Breathing or form deteriorates
- Confidence drops, especially in the swim

How to adjust:

- Shorten the session
- Add extra recovery
- Switch to an easier effort
- Stop early if needed

Logging a modified session is always better than forcing completion.

What Is Normal vs Not Normal

Normal

- Mild muscle soreness
- Heavy legs early in sessions
- Feeling awkward in the water at first
- General fatigue after training days

Not Normal (Tell Your Coach)

- Pain that worsens during sessions

- Pain that changes movement patterns
- Pain lasting into the next day
- Repeated soreness in the same location
- Panic or breathlessness that does not improve with rest

Pain is feedback, not a challenge to push through.

For Triathletes Using This Plan

Training load is balanced across swimming, cycling, and running.

Some weeks may feel easier in one discipline — this is intentional.

We protect long-term progress by not maxing all three disciplines at once.

Swimming and cycling fitness support your running development.

Easy cycling and controlled swimming help you absorb run training safely.

Recovery Is Part of the Plan

Adaptation happens when you recover, not when you train.

Prioritise:

- Sleep
- Fuel before and after sessions
- Easy days staying easy
- Relaxed swimming and spinning

Skipping recovery slows progress more than skipping a session.

Alpha State Final Reminder

Trust the process.

Be patient.

Stay consistent.

The athletes who progress best are not the ones who push hardest early.

They are the ones who show up, stay healthy, build confidence, and stack weeks together.