



# MILLTOWN RACES

## SADDLEWORTH SPRINT TRIATHLON

**12-WEEK TRAINING GUIDE**

Beginner

**START**



**FINISH**

Brought to you by Oldham Community Leisure



**Oldham**  
active



## KEY NOTES

**Milltown Races and Oldham Active have created a series of training plans, providing tips and advice to make sure your training goes to plan and you stay injury free.**

**This booklet introduces a 12 week beginner training plan to help you prepare for the Saddleworth Sprint Triathlon.**

**If you have any questions about your training or need some advice on nutrition or injuries, please email the team at [info@ocll.co.uk](mailto:info@ocll.co.uk).**

- This 12 week training plan is designed to get a novice triathlete through a Sprint distance triathlon. It is not a complex or hugely time consuming programme, it will get you to the finish line in good shape.
- In order to be able complete the training you should have a reasonable level of fitness at the start of the training. A pre-requisite would be that you can swim 200m continuously, you can cycle for 30mins and run for 20mins.
- The training sessions can be completed in a number of locations. The swim sessions are all designed for in a pool, the bike sessions could be done either outdoors or indoors, the same goes for the running sessions. We would strongly advise that you do spend some time training outdoors so that you get time training in similar conditions to those that you will be racing in.
- The intensity of the training in this programme is to be executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers.

We would advise that if this kind of training is new to you that you are cautious to begin with until you can understand how your body reacts to the training. The full RPE scale is at the back of the programme.

- There is no strength or core training included in this programme. If you are already doing strength and core exercises we would advise that you continue with your regime but think about decreasing the number of strength and core sessions per week as the triathlon training should take priority. If you are not doing any strength and core work already then we would suggest that you could consider doing some light core work twice per week, but a strength training programme should not be started as well as trying to begin a triathlon programme.
- We would strongly advise that as you get closer to the race day you ensure that you train using the exact equipment that you intend to use on race day, the same clothes, the same wetsuit, the same bike and trainers. You should not turn up on race day with brand new equipment to use.



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**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 4 x 50m FC @ RPE:7 100m KICK 100m PULL 4 x 50m FC @ RPE:7 100m cool down			150m warm up 200m FC @ RPE:7 100m KICK 100m PULL 200m FC @ RPE:7 100m cool down	REST			<b>1700m</b>
<b>BIKE</b>		5mins @ RPE:5 5 X (2mins @ RPE:8 / 4mins @ RPE:6) 5mins @ RPE:5			REST	1hr @ RPE:6-7		<b>1hr 40mins</b>
<b>RUN</b>			30mins @ RPE:6-7		REST		5mins @ RPE:5 5 X (1min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr</b>



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**WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 4 x 50m FC @ RPE:7 100m KICK 100m PULL 4 x 50m FC @ RPE:7 100m cool down			150m warm up 200m FC @ RPE:7 100m KICK 100m PULL 200m FC @ RPE:7 100m cool down	REST			<b>1700m</b>
<b>BIKE</b>		5mins @ RPE:5 6 X (2mins @ RPE:8 / 4mins @ RPE:6) 5mins @ RPE:5			REST	1hr 10mins @ RPE:6-7		<b>2hr</b>
<b>RUN</b>			35mins @ RPE:6-7		REST		5mins @ RPE:5 6 X (1min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr 10mins</b>



**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 4 x 50m FC @ RPE:7 100m KICK 100m PULL 5 x 50m FC @ RPE:7 100m cool down			150m warm up 300m FC @ RPE:7 100m KICK 100m PULL 300m FC @ RPE:7 100m cool down	REST			<b>2000m</b>
<b>BIKE</b>		5mins @ RPE:5 6 X (3mins @ RPE:8 / 4mins @ RPE:6) 5mins @ RPE:5			REST	1hr 15mins @ RPE:6-7		<b>2hr 10mins</b>
<b>RUN</b>			40mins @ RPE:6-7		REST		5mins @ RPE:5 7 X (1min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr 20mins</b>



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**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 750m @ RPE:7-9 100m cool down			150m warm up 5 x 50m FC @ RPE:7 100m KICK 100m PULL 5 x 50m FC @ RPE:7 100m cool down	REST			<b>1950m</b>
<b>BIKE</b>		5mins @ RPE:5 6 X (3mins @ RPE:8 / 4mins @ RPE:6) 5mins @ RPE:5			REST	10mins @ RPE:6-7 20km @ RPE:7-9		<b>1hr 40mins</b>
<b>RUN</b>			5mins @ RPE:6 5km @ RPE: 7-9		REST		30mins @ RPE:6-7	<b>1hr 10mins</b>



**WEEK 5**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 3 x 100m FC @ RPE:7 100m SIGHTING 100m PULL 3 x 100m FC @ RPE:7 100m cool down			150m warm up 400m FC @ RPE:7 100m SIGHTING 100m PULL 400m FC @ RPE:7 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 X (4mins @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	20mins @ RPE:7		REST	1hr 15mins @ RPE:6-8 After a warm up include 4 x 5mins @ RPE:8 with 5mins recovery between		<b>2hr 20mins</b>
<b>RUN</b>			40mins @ RPE:7-8		REST		5mins @ RPE:5 6 X (2min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr 20mins</b>

**This is a BRICK session. Complete the run straight after the bike.**



**WEEK 6**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 2 x 150m FC @ RPE:8 100m SIGHTING 100m PULL 2 x 150m FC @ RPE:8 100m cool down			150m warm up 400m FC @ RPE:8 100m SIGHTING 100m PULL 400m FC @ RPE:8 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 X (4mins @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	30mins @ RPE:7		REST	1hr 15mins @ RPE:6-8 After a warm up include 4 x 7mins @ RPE:8 with 5mins recovery between		<b>2hr 30mins</b>
<b>RUN</b>			40mins @ RPE:7-8		REST		5mins @ RPE:5 6 X (2min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr 20mins</b>

**This is a BRICK session. Complete the run straight after the bike.**



**WEEK 7**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 3 x 100m FC @ RPE:7 100m SIGHTING 100m PULL 3 x 100m FC @ RPE:7 100m cool down			150m warm up 400m FC @ RPE:8 100m SIGHTING 100m PULL 400m FC @ RPE:8 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 X (4mins @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	40mins @ RPE:7		REST	1hr @ RPE:6-8 After a warm up include 4 x 8mins @ RPE:8 with 4mins recovery between		<b>2hr 25mins</b>
<b>RUN</b>			5km @ RPE:7-8		REST		5mins @ RPE:5 6 X (2min @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	<b>1hr 20mins</b>

**This is a BRICK session. Complete the run straight after the bike.**



## WEEK 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
SWIM	150m warm up 750m @ RPE:7-9 100m cool down			150m warm up 5 x 50m FC @ RPE:7 100m SIGHTING 100m PULL 5 x 50m FC @ RPE:7 100m cool down	REST			<b>1950m</b>
BIKE		5mins @ RPE:5 5 X (4mins @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5			REST	10mins @ RPE:6-7 20km @ RPE:7-9		<b>1hr 40mins</b>
RUN			5mins @ RPE:6 5km @ RPE: 7-9		REST		30mins @ RPE:6-7	<b>1hr 10mins</b>



**WEEK 9**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 3 x 100m FC @ RPE:7 100m Breathe Right 100m Breathe Left 6 x 50m FC @ RPE:8 100m cool down			150m warm up 2 x 200m FC @ RPE:8 100m Breathe Right 100m Breathe Left 2 x 200m FC @ RPE:8 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 x (5mins @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	2 x 20mins @ RPE:7		REST	1hr @ RPE:6-8 After a warm up include 4 x 8mins @ RPE:8 with 4mins recovery between		<b>2hr 25mins</b>
<b>RUN</b>			2 x 2km @ RPE:8		REST		5mins @ RPE:5 6 x (3min @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	<b>1hr 10mins</b>

**This is a BRICK  
 session.**



**WEEK 10**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 3 x 100m FC @ RPE:7 100m Breathe Right 100m Breathe Left 6 x 50m FC @ RPE:8 100m cool down			150m warm up 2 x 200m FC @ RPE:8 100m Breathe Right 100m Breathe Left 2 x 200m FC @ RPE:8 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 x (5mins @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	2 x 20mins @ RPE:7		REST	1hr @ RPE:6-8 After a warm up include 4 x 8mins @ RPE:8 with 4mins recovery between		<b>2hr 25mins</b>
<b>RUN</b>			2 x 1km @ RPE:8		REST		5mins @ RPE:5 6 x (3min @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	<b>1hr 10mins</b>

**This is a BRICK  
 session.**



**WEEK 11**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 3 x 100m FC @ RPE:7 100m Breathe Right 100m Breathe Left 6 x 50m FC @ RPE:8 100m cool down			150m warm up 2 x 200m FC @ RPE:8 100m Breathe Right 100m Breathe Left 2 x 200m FC @ RPE:8 100m cool down	REST			<b>2300m</b>
<b>BIKE</b>		5mins @ RPE:5 5 x (5mins @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	2 x 20mins @ RPE:7		REST	1hr @ RPE:6-8 After a warm up include 4 x 8mins @ RPE:8 with 4mins recovery between		<b>2hr 25mins</b>
<b>RUN</b>			2 x 2km @ RPE:8		REST		5mins @ RPE:5 6 x (3min @ RPE:8 / 2mins @ RPE:6) 5mins @ RPE:5	<b>1hr 20mins</b>

**This is a BRICK  
 session.**



**WEEK 12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
<b>SWIM</b>	150m warm up 4 x 50m FC @ RPE:8 100m SIGHTING 100m PULL 4 x 50m FC @ RPE:8 100m cool down			150m warm up 200m FC @ RPE:8 100m SIGHTING 100m PULL 200m FC @ RPE:8 100m cool down	REST		<b>RACE DAY</b>	<b>1700m + RACE</b>
<b>BIKE</b>		5mins @ RPE:5 4 x (4mins @ RPE:8 / 3mins @ RPE:6) 5mins @ RPE:5	20mins @ RPE:7		REST	10mins @ RPE:6 A very easy run to keep legs fresh	<b>RACE DAY</b>	<b>1hr + RACE</b>
<b>RUN</b>			3km @ RPE:7-8		REST		<b>RACE DAY</b>	<b>3mins + RACE</b>

**This is a BRICK  
 session. Complete  
 the run straight  
 after the bike.**



## RATE OF PERCEIVED EXERTION

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

### RPE DESCRIPTION

0	Complete rest
1	Very Weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat Strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very Strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	Hard: I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	Very Hard: This is hurting and I can only hold this effort for up to 5mins
10	Extremely Hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs



## EXPLANATION OF SWIM DRILLS

**Included within the swim sessions are a number of drills. Please find an explanation of each drill below:**

**KICK:** Swim on your front and using a kickboard you use only your legs to aid propulsion. You must kick from the hips using a straight leg action. Concentrate on pointing your feet behind you and having floppy and flexible ankles. Engage your core to keep your hips elevated. When using the kickboard aim to keep the board horizontal by applying a small amount of pressure down on the board thus raising your chest. You can either keep your head up or pop your face into the water to simulate the correct body position. You can use fins to help with your kick if necessary.

**SIDE KICK:** Hold the kickboard in one hand and keep that hand outstretched in front of your head and body, your other arm will rest on your side. Kick from the hips with the hips facing the sides of the pool. Concentrate on pointing your feet towards the end of the pool with floppy and flexible ankles. Engage your core to keep your hips elevated. You should keep your face pointing down to the bottom of the pool only turning your head sideways to breathe. You can use fins to help with your kick if necessary.

**DEAD MAN FLOAT:** Push off the wall keeping your arms in front of the head then when you begin to lose momentum bring your arms back to being by your sides, where they now stay. Use only your kick for propulsion, using fins where necessary. Concentrate on body and head position, keep your head facing down with the chin slightly tucked inwards to your chest and push your chest out down towards the floor. The hips should gently

break the surface of the water. If you become stationary simply do a few arm strokes to gain momentum again.

**PENCIL FLOAT:** Apply the same principles as for the Dead Man Float, except this time you keep your arms fully stretched out in front of the body and have your head squeezed in between your arms. Concentrate on keeping the arms straight and long.

**CATCH-UP:** When swimming a standard Front Crawl technique apply a slower arm revolution so that each arm is completing a full stroke before the other arm begins the next stroke. Complete a full stroke with your Right arm, holding your Left arm in a forward and outstretched position, with your Right hand coming through and making contact with your Left hand before you begin a full stroke with the Left arm. Continue to do this resisting the temptation to begin the next stroke too soon. A handy tip is to use a kickboard or pull buoy and hold this in the leading hand and exchange hands between strokes. If you struggle to maintain body position doing this drill hold a pull buoy between your thighs.

**PULL:** Swim standard Front Crawl holding a pull buoy between your thighs. Concentrate on the power needed to complete the full stroke without any kick being applied. You must be strict to not use any kick doing this. Do not speed your stroke up to compensate for the lack of a leg kick.

**ZIPPER:** Swim standard Front Crawl, as your arm is beginning its movement up the body trail your thumb up from the thigh, past the hip and into towards the arm pit before allowing the hand to exit the water and

reach forwards. This encourages a high elbow exit from the water as well as keeping your recovery arm in close proximity to the body.

**SOFT NEOPRENE AQUA MITTS:** Wear soft neoprene aqua mitts to apply greater resistance to the water through each stroke. This promotes greater strength through your arms and shoulders. To use soft neoprene aqua mitts properly ensure that you have OCL policy compliant soft neoprene aqua mitts, then when using you must enter the water with the fingers pointing down to the bottom of the pool and pull through the water with your elbow always higher than your hand. Continue to push all of the way through the stroke past your hip to get full use of the soft neoprene aqua mitts.

**POLO-SIGHTING:** Introduce some open water skills to your pool swim with this drill. When turning your head to breathe also turn your head forwards to look in front of you. When trying to look forwards activate a strong stroke that will allow you to bring your shoulders higher out of the water. Do not do this every breath, start with every 4 breathes and work up to every 8. Find the sighting/breathing pattern that works best for you.

**HYPOXIC BREATHING:** Swim standard Front Crawl and concentrate on the number of strokes per breath. Begin with your normal breathing pattern and then gradually try to increase by 1 stroke at a time, building to a maximum of 7 strokes per breath. You must relax completely to be able to execute this drill, relax your chest, neck and jaw and focus on a very slow exhalation. Alternate between breathing patterns to simulate the unpredictability of open water swimming.