

## EnduranceOnline Training for Santa Cruz Sprint Triathlon – 8 week program



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**EnduranceOnline Training** is an essential tool for endurance athletes of all skill levels who seek an efficient and effective roadmap and motivator in preparing for an upcoming event or starting a training program.

**Your Coach:** Terri Schneider, recognized as one of the most experienced female multi-sport athletes and coaches in the world, creates EnduranceOnline Training schedules and content. She respects the time constraints on your busy life and develops training programs that are attuned to your fitness level, goals and aspirations within your sport. Your 8-week EnduranceOnline Training program is designed specifically for the Santa Cruz Sprint Triathlon. For more information on Terri check out [www.terrischneider.net](http://www.terrischneider.net).

### Select, Purchase and Receive Your Program:

- Choose your level - Beginner, Intermediate, or Advanced. You can use the Sample Sprint Tri Training Schedules that start on Page 4 below to help you determine which level to purchase.
- Then click on the purchase option on [www.finishlineproduction.com](http://www.finishlineproduction.com) where you'll purchase your training program through active.com.
- You will then receive your multi-week training schedule login information as well as notes and professional tips that will guide you in your training process.

*Note: If you purchase the training program less than 8 weeks out from the race date start the program at the corresponding weeks out from the event in real time, i.e. if you start the program 6 weeks from the event date, start the program at week 6 so that your taper corresponds with the event date.*

## Establish Your Fitness Level

Below are some guidelines to help you establish your fitness level for EnduranceOnline Training programs for the Santa Cruz Sprint Triathlon. Remember that these are general guidelines designed to help you determine the most efficient starting place for your training.

You do not currently have to be proficient at every discipline to use these schedules. If you fall in between skill levels, look at the sample schedules for both levels in question. Match yourself to a level in which the first week of training most closely fits, *or is slightly less* than what you are currently doing. It's also important to consider your time commitment to training for your race and your goals for the race. For example: if the first week of the beginner schedule seems very easy, then consider purchasing the next level. However, if the intermediate schedule seems a little too much of a time commitment *and* your goals are to have fun and finish the event, then choose the easier level.

It's also important to note that the peak training weeks for each schedule set will be approximately a 25-35% greater work load (hours per week) than what the sample first week shows. The motive is to ease you safely into your program. Take your training time into consideration when choosing your fitness level.

### Your current training schedule:

**Beginner** – You train 2-4 days per week sometimes more sometimes less. Your sessions last between :20 minutes and :50 minutes—sometimes more. Some weeks are consistent, and some are not. You have been an endurance athlete for at least a couple months and/or you have dabbled in one or several different sports. You may or may not have experience with triathlon. Your main goals are to be able to complete the event and have fun. You are either relatively new to endurance sports and/or you have a very tight schedule and minimal time to spend training.

**Intermediate** – You train 3-6 days per week. Your sessions vary in length but generally last between :30 minutes and 1:30 hours—sometimes more. You have been an endurance athlete for more than several months and have done some swim, bike and run training, with your focus being on at least one of these sports. You may or may not have experience with triathlon. You have either done some triathlons prior, or you have raced bikes, 10K run races, open water swims or other similar events. You would like to take your training and racing to the next level.

**Advanced** – You train 5-7 days per week consistently. Your sessions vary in length but generally last between :30 minutes and 2 hours—sometimes more, sometimes less. Your training is consistent though you do miss workouts now and then. You have been an endurance athlete for at least a year and have done some swim, bike and run events. You take your training seriously and would like to take your training and racing to the next level.

### Skill level - cycling:

**Beginner** – Minimal cycling experience required.

**Intermediate** – Some cycling experience is required.

**Advanced** – Cycling experience is required.

### Skill level - swimming:

**Beginner** – You must need to know how to swim and be able to swim any stroke in a pool for 200-300 yards.

**Intermediate** – You must be able to swim freestyle and be able to swim continuously for 500 yards.

**Advanced** - You must be able to swim freestyle and be able to swim continuously for 800 yards

Skill level – running:

**Beginner** – You need to feel comfortable running, walking, and/or run/walking for :20 minutes.

**Intermediate** – You need to feel comfortable run/walking for :45 and/or running for :30 minutes.

**Advanced** – You need to feel comfortable running, for :45 minutes.

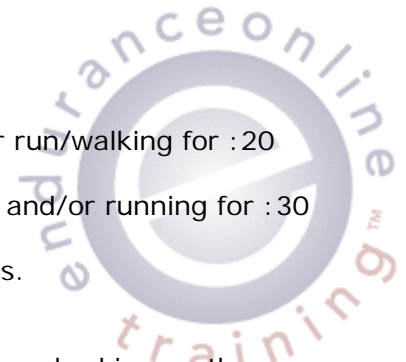
Race history:

Note: There is no pre-requisite to having raced in this sport before embarking on these training schedules. The schedule level references your current fitness level rather than your experience level. Below are some recommendations.

**Beginner** – You may or may not have done a triathlon.

**Intermediate** – You may or may not have done a triathlon.

**Advanced** – You have done a triathlon of any length.



## Sample Schedule – Santa Cruz Sprint Triathlon - BEGINNER

### Week 1

Monday

STRETCH - :15 - See information on Stretching in the Details and Notes of this Program.

REST DAY

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Tuesday

STRETCH - :15

BIKE – :30 – Do this on a flatter stretch of road. Spin easy and focus on releasing the downward pressure on your pedals during the recovery phase of your pedal stroke. Relax. (L2-L3)

1 - SWIM – 400 yards (if you are not swimming masters, see workout 1 at the end of this week of training)

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Wednesday

STRETCH - :15

WALK/RUN or RUN - :20 - (L1-L2) – Walk 2 min./run 2 min...for the duration of the walk/run. If you have been a consistent runner coming into this program run the entire workout at the levels indicated.

Walking Lunges – 2x10 - See information on Plyometrics in the Details and Notes of this Program.

Push-ups - Do either men's or women's style push-ups—which ever you can do and hold form – 2x10 (2 sets of 10)

Ab crunches – 20

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Thursday

STRETCH - :15

2 - SWIM – 400 yards (if you are not swimming masters, see workout 2 at the end of this week of training)

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Friday

STRETCH - :15

Walking Lunges – 2x10

Push-ups – 2x10

Ab crunches – 20

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Saturday

STRETCH - :15

BIKE – :45 - (L2-L4) – Do at least 1 climb of 1 min. within the ride, playing with gearing efficiency on the climb. Push each climb up to L4.

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Sunday

STRETCH - :15

WALK/RUN or RUN - :30 - (L1-L2) – Walk 2 min./run 2 min...for the duration of the walk/run. If you have been a consistent runner coming into this program run the entire workout at the levels indicated.

**In addition to Information on Stretching, Training Levels and MUCH more, each week of your program also comes with Swim Workouts as well as additional Swim, Bike and Run Tips and Notes. See a sample on Page 7.**

## Sample Schedule – Santa Cruz Sprint Triathlon - INTERMEDIATE

### Week 1

Monday

STRETCH - :15 - See information on Stretching in the Details and Notes of this Program.

REST DAY

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Tuesday

STRETCH - :15

BIKE – :40 – Do this on a flatter stretch of road. Spin easy and focus on releasing the downward pressure on your pedals during the recovery phase of your pedal stroke. Relax. (L2-L3)

1 - SWIM – 1000 yards (if you are not swimming masters, see workout 1 below)

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Wednesday

STRETCH - :15

WALK/RUN or RUN - :30 - (L1-L2) – Walk 1 min./run 4 min...for the duration of the walk/run. If you have been consistently running coming into this program, run the entire workout (L1-L2).

Walking Lunges – 2x15 - See information on Plyometrics in the Details and Notes of this Program.

Side Shuffle Lunges – 2x15 - See information on Plyometrics in the Details and Notes of this Program.

Push-ups - Do either men's or women's style push-ups—which ever you can do and hold form. – 2x15 (2 sets of 15)

Ab crunches - 30

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Thursday

STRETCH - :15

BIKE - :45 – Do this on a flatter stretch of road. Spin easy and focus on releasing the downward pressure on your pedals during the recovery phase of your pedal stroke. Relax. (L1-L2).

2 - SWIM – 1000 yards (if you are not swimming masters, see workout 2 at the end of this week of training)

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Friday

STRETCH - :15

WALK/RUN or RUN - :30 - (L1-L2) – Walk 1 min./run 4 min...for the duration of the walk/run. If you have been consistently running coming into this program, run the entire workout (L1-L2).

Walking Lunges – 2x15

Side Shuffle Lunges – 2x15

Push-ups – 2x15

Ab crunches - 30

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Saturday

STRETCH - :15

BIKE – 1:00 - (L2-L4) – Do at least 3 climbs of 1 min. within the ride, playing with gearing efficiency on the climbs. Push each climb up to L4.

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Sunday

STRETCH - :15

WALK/RUN or RUN – :45 - (L1-L2) – Walk 1 min./run 4 min...for the duration of the walk/run. If you have been consistently running coming into this program, run the entire workout (L1-L2).

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**In addition to Information on Stretching, Training Levels and MUCH more, each week of your program also comes with Swim Workouts as well as additional Swim, Bike and Run Tips and Notes. See a sample on Page 7.**

## Sample Schedule – Santa Cruz Sprint Triathlon - ADVANCED

### Week 1

Monday

STRETCH - :15 – See information on Stretching in the Details and Notes of this Program

REST DAY

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Tuesday

STRETCH - :15

BIKE – :50 – Do this on a flatter stretch of road. Spin easy and focus on releasing the downward pressure on your pedals during the recovery phase of your pedal stroke. Relax. (L2-L3)

1 - SWIM – 1500 yards (if you are not swimming masters, see workout 1 at the end of this week of training)

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Wednesday

STRETCH - :15

RUN - :40 - (L1-L2)

Walking Lunges – 2x20 - See information on Plyometrics in the Details and Notes of this Program.

Side Shuffle Lunges – 2x20 - See information on Plyometrics in the Details and Notes of this Program.

Push-ups - Do either men's or women's style push-ups—which ever you can do and hold form. – 2x15 (2 sets of 15)

Ab crunches - 40

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Thursday

STRETCH - :15

BIKE – :50 – Easy spin for :20 at L2. Then ride 6x1 min. hill repeats at L4. Take 2 min. recovery spin between each hill. Do the rest at L2.

2 - SWIM – 1500 yards (if you are not swimming masters, see workout 2 at the end of this week of training)

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Friday

STRETCH - :15

RUN - :40 - (L1-L2)

Walking Lunges – 2x20

Side Shuffle Lunges – 2x20

Push-ups – 2x15

Ab crunches - 40

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Saturday

STRETCH - :15

BIKE – 1:15 - (L2-L4) – Do at least 3 climbs of 2 min. within the ride, playing with gearing efficiency on the climbs. Push each climb up to L4.

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Sunday

STRETCH - :15

RUN – :50 - (L1-L2)

**In addition to Information on Stretching, Training Levels and MUCH more, each week of your program also comes with Swim Workouts as well as additional Swim, Bike and Run Tips and Notes. See a sample on Page 7.**

## Sample Swim, Bike and Run Tips and Notes.

### **Bike tips of the week:**

On each climb this week, sit a bit further back on your saddle and relax your shoulders and chest. Notice how moving your body position slightly backward changes the power transfer to the drive train. Strive to be in a gear that allows you optimal power and efficiency going into a hill, on a hill and coming over the top of a hill. This may require you to shift gears during the climb. Anticipate this. Be in a gear that allows power while still maintains effective and fluid RPM's (revolutions per minute).

Every 10 minutes, take a few sips of water or sports drink. Every 20 minutes, eat 50-100 calories of food, energy gel, or energy bar with more water.

### **Swim tips of the week:**

Find a masters swim program that you can swim with *each* time you get in the pool. An organized program gives you a focused workout in a fun, group environment. Swimming with other people will naturally cause you to swim at your best. Find a program that has a coach who over sees each workout and interacts continually with the swimmers. Introduce yourself to the coach and tell he/she about your goals and upcoming race. Ask the coach to work with you at each workout—pointing out drills specific to your needs and give you tips on how to improve your stroke. Make sure your workouts are catered to your current swim fitness level, and your upcoming race.

### **Run tips of the week:**

Assess the running shoes you are currently using. How long have you been wearing them? Are there visible wear patterns on the soles and/or do you see lines and creases in the mid-sole (the cushy material between the sole of the shoe and your foot)? If you are a consistent runner and have had your shoes for 3 or more months, you are due for a new pair. Consider purchasing a new pair of shoes for these next 8 weeks of training. Go to a running store where the sales people will spend some time looking at your foot plant and walk/run patterns to find the correct shoe for you. Tell the sales person about your race goal to help them put you in the best shoe for you. Tell the sales person if you wear orthotics. If you have been a consistent runner for at least several months to a year, consider trying a racing flat for this event. Taking several ounces off the feet of a veteran runner can give you a huge mental boost in your race!

### **Notes:**

If you want to gain fitness, your training must be consistent day after day, week after week. While you must train consistently, breaking up similar routines and introducing diversity and change into your training will propel you forward to creating the most optimal "training effect" (that is, the most noticeable improvement in your performance). This includes doing your training easy on easy days and more intensely on high intensity, interval or hill repeat days. As multi-sport athlete, it's important to be adaptable and remain open-minded in your training. This week, choose at least one run/walk workout that will bring you to a new place. Get "misplaced" and enjoy it!