

This is an 8 Week Training program which can be used for the 2010 Nautica NYC Triathlon - Olympic Distance.

Each week is listed as a gradual progression, with the distances increased or decreased to focus on endurance or speed work.

Tempo is a type of running style where you are pushing yourself close to your maximum pace per mile the entire distance you intend to run. For example, if a person's estimated top speed is a 7 minute mile, and if they plan to do a '4 mile tempo' they will be averaging 7 minutes per mile the entire 4 mile run. This type of running style helps increase a person's speed and pace.

The mile runs that don't have anything listed by are medium pace runs or 'recovery' runs where the focus is endurance.

This training plan was created by Dana Miscia who has been racing triathlons for five years. Dana has raced in over 40 triathlon races including 3 NYC triathlon series and two Half Ironmans. Dana is a private trainer at Reebok Sports Club/NY. For any questions, or to contact Dana, please email Pamela Opdyke, Regional Sports Manager, at popdyke@reeboksportsclubny.com.

Good Luck and Happy Training!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 3/Bike tempo 8	Run 5 tempo/Swim 10x4 25 meters	Track workout 6x800 meters	Run 6/Swim 10x5 25 meters	Run 4 tempo/Bike 10	off	Run 3/Bike 10/Run 3
Week 2	Run 5/Bike temp 10	Run 4 tempo/swim 20 mins	Track workout 6x800 meters	Run 6/Swim 10x6 25 meters	Run 4 tempo/Bike 15	off	Run 3/Bike 12/Run 3
Week 3	Run 6 Bike tempo 12	Run 5 tempo/Swim 20 mins	Track workout 6x800 meters	Run 3/Swim 10x7 25 meters	Run 4 tempo/Bike 20	off	Run 3/Bike 15/Run 3
Week 4	Run 3/Bike tempo 15	Run 6/Swim 30 mins	Track workout 6x800 meters	Run 4/Swim 10x8 25 meters	Run 4 tempo/Bike 20	off	Run 3/Bike 18/swim 20 mins
Week 5	Run 5/Bike 15	Run 4 tempo/swim 40 mins	Run Tempo 4/Bike 10	Run 5/Swim 10x9 25 meters	Run 5 tempo/Bike 25	off	Run 6/Bike 20/Swim 30 mins
Week 6	Run 6/Bike 15	Run 5 tempo/10x7 25 meters	Run Tempo 4/Bike 10	Run 6/Swim 10x10 25 meters	Run 5 tempo/Bike 30	off	Run 7/Swim 40 mins
Week 7	Run 6/Bike 10	Run 6 tempo/Swim 30 mins	Run 7/Bike 15	Run 7/Swim 10x6 25 meters	Run 6/Bike 20	off	Run 4/Bike 15/Run 4
Week 8	Run 6/Bike 15	Run 3/Swim 20/Run 3	Run 6/Bike 12/Swim 20	Run 8/Swim 1 mile	Light 3 mile run	off	RACE DAY