


2021 BEGINNER TO TRIATHLETE TRAINING PLAN: (BIKE WORKOUTS)

 GTN	Warm-Up:	Main Set:	Warm-Down:
BIKE INTERVALS #1 / 55mins	10mins steady pace @ 2-3/10 RPE	4 x (4mins @ 7/10 RPE, 6mins @ 2-3/10 RPE)	5mins steady pace @ 2-3/10 RPE
BIKE INTERVALS #2 / 55mins	15mins steady pace @ 2-3/10 RP	6 x (2mins @ 8-9/10 RPE, 3mins @ 2-3/10 RPE)	10mins steady pace @ 2-3/10 RPE
BIKE INTERVALS #3 / 40mins	10mins steady pace @ 2-3/10 RPE	20mins steady pace @ 2-3/10 RPE Every 5mins include a 10sec burst of effort @ 9-10/10 RP	10mins steady pace @ 2-3/10 RPE

2021 BEGINNER TO TRIATHLETE TRAINING PLAN: (RUN WORKOUTS)

 GTN	Warm-Up:	Main Set:	Warm-Down:
RUN INTERVALS #1 / 25mins	10mins steady pace @ 2-3/10 RPE	4 x (20secs @ 9/10 RPE, 40secs @ 2-3/10 RPE) 2mins jog @ 2/10 RPE 4 x (20secs @ 9/10 RPE, 40secs @ 2-3/10 RPE)	5mins steady pace @ 2-3/10 RPE
RUN INTERVALS #2 / 26mins	10mins steady pace @ 2-3/10 RPE	6 x (1min @ 7-8/10 RPE, 90secs easy between @ 2-3/10 RPE)	7min30secs steady pace @ 2-3/10 RPE