



Designed by: Ben Weaver

USAT CERTIFIED LEVEL 1 TRIATHLON COACH

Ben Weaver specializes in guiding beginner and elite endurance athletes towards their athletic goals. A USA Cycling Category 1 Cyclist and Ironman athlete, Ben has competed in and coached in all.

Athletes,

Welcome to your training program for Foundation for Youth's Annual Triathlon "The Columbus Challenge". This program is designed with the first time triathlete in mind. However, if you have a couple events under your belt, and need guidance in how to formally train in each discipline, the program will work for you as well. Enjoy the journey; the reward at the finish line is worth all the time and commitment.

Warmest Regards,

Ben Weaver

USAT Certified Triathlon Coach

General Details:

1. **CONGRATULATIONS!** You are one step closer to becoming your own Champion. Anything is possible with focus, determination, and guidance.
2. The FFY Columbus Challenge is a great place to begin your journey into multi-sport. The event is safe, fun, exciting, and rewarding.
3. Training for triathlon is more time consuming than most athletic events. Be prepared to make adjustments to your normal daily schedules. **HOWEVER**, do not let this interfere with those family members and friends who are important in your life. Find balance. Enjoy this experience with them.
4. Find a support system of similar athletes. Training Groups can make the journey fun.
5. It is important to follow the progression outlined in the schedule. Each progression provides optimal cardiovascular adaptation and limited risk of injury.



THE 3 DISCIPLINES:

Swim Strokes at FFY Pool:

- 1 Length = 25 Yards
- 2 Lengths = 50 Yards
- 4 Lengths = 100 Yards
- 36 Lengths = 880 Yards (Columbus Challenge Distance)

1. The swim workouts in the program designate the stroke as FREE or FREESTYLE. There is not a standard stroke required in triathlon. However, Freestyle is the fastest and most used stroke.
2. W/U – WARM UP, C/D/ - Cool Down
3. **Open Water Swimming.** A common training method for a triathlete. RULES: *NEVER swim alone and wear a bright colored swim cap while in the water.* This type of training prepares you for the lake environment. Practice swimming straight without lane lines, learn to site landmarks, and eliminate the anxiety of being in a lake.
4. Changing strokes during the swim is perfectly normal. You will feel tired and stressed. Switch to a breast stroke or float on your back until you can return to your freestyle stroke.

Bike Pedals:

1. Any working bike will do. Be sure to take it to local bike shop to have a tune up and obtain any equipment needed. Our local bike shops are knowledgeable in the sport of triathlon and can be of great help.
2. **ALWAYS WEAR A SNELL/ANSI APPROVED HELMET.**
3. Cycling shorts designed with padding will help in the comfort of long distant cycling. Cycling gloves would be beneficial as well.
4. Tennis shoes are acceptable forms of footwear. However, there are cycling specific shoes available.
5. Learn to stay on the right side of the road. During racing and training, traffic will have access to the roadways.
6. Other items to consider: Water Bottles and Cages, Tires and Tubes, Flat Tire Repair Kit.

ANNUAL COLUMBUS CHALLENGE



Run Strides:

1. I recommend obtaining a pair of running specific shoes for training and racing. Cross training or basketball shoes are not the best choice for running distance events.
2. In Columbus and many other communities, using the local People Trail/Path will increase your safety, and others, from traffic. Use these means for your training.
3. Walking is an acceptable form to training. This is about your journey to health and fitness. The goal should be to slowly decrease the amount of walking and increasing the amount of running.
4. Wear comfortable socks during the race. Some athletes chose not to use them. However, it is acceptable.

OTHER PROGRAM DETAILS:

1. **BRICKS** – These are workouts designed to simulate the Bike to Run transition. When listed on the program (i.e. 20mins Bike/10mins Run). This is a 30 minute workout. You will complete the ride time, and transition directly to your run. A BRICK is designed to help the body adapt to the rigors of running right after riding.
2. **2 Workouts Per Day** – Some dates have 2 sessions required. One session will be completed in the morning or afternoon. The 2nd session will be in the afternoon or evening.

ANNUAL COLUMBUS CHALLENGE



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Columbus Challenge Sprint Triathlon Training-BEGINNERS

Calendar: 14 Weeks – May through August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	Swim 100 Free W/U 4x25 Free (:15 Rest) 100 Free C/D	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session	OFF	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session
OFF	Swim 100 Free W/U 3x50 Free (:15 Rest) 100 Free C/D	Bike 35 minutes Easy Effort	Swim 100 Free W/U 3x50 Free (:15 Rest) 100 Free C/D Run (PM) 30 minutes Walk/Run if need be to complete session	OFF	Bike 40 minutes Easy Effort	Run 30 minutes Walk/Run if need be to complete session
OFF	Swim 100 Free W/U 2x75 Free (:15 Rest) 100 Free C/D	Bike 45 minutes Easy Effort	Swim 100 Free W/U 2x75 Free (:15 Rest) 100 Free C/D Run (PM) 35 minutes Walk/Run if need be to complete session	OFF	Bike 50 minutes Easy Effort	Run (PM) 30 minutes Walk/Run if need be to complete session
OFF	Swim 100 Free W/U 2x100 (:20 Rest) 100 C/D	Bike 50 minutes Keep effort in your aerobic none	Swim 100 Free W/U 2x100 (:20 Rest) 100 C/D Run (PM) 35 minutes Walk/Run if need be to complete session	OFF	Bike 50 minutes Keep effort in your aerobic none	Run 35 minutes Walk/Run if need be to complete session

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY WEEK OFF	Swim 100 Free W/U 4x25 Free (:15 Rest) 100 Free C/D	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session	OFF	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session
OFF	Run 3 miles Walk portions if need be	Swim 100 Free W/U 300 Straight 100 C/D	BRICK 20min Bike/10 min Run/Walk	Swim 100 Free W/U 300 Straight 100 C/D	Bike 15 miles Aerobic Zone	Run 3 Miles
OFF	Run 4 miles Walk portions if need be	Swim 100 Free W/U 300 Straight 100 C/D	BRICK 30min Bike/10 min Run/Walk	Swim 100 Free W/U 300 Straight 100 C/D	Bike 15 miles Aerobic Zone	Run 4 Miles
OFF	Run 5 miles Walk portions if need be	Swim 600 Straight	BRICK 30min Bike/15 min Run/Walk	Swim 600 Straight	Bike 16 miles Aerobic Zone	Run 5 Miles
OFF	Run 5 miles Walk portions if need be	Swim 50 Free W/U 600 Straight 50 C/D	BRICK 40min Bike/10 min Run/Walk	Swim 50 Free W/U 600 Straight 50 C/D	Bike 17 miles Aerobic Zone	Run 5 Miles
RECOVERY WEEK OFF	Swim 100 Free W/U 4x25 Free (:15 Rest) 100 Free C/D	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session	OFF	Bike 30 minutes Easy Effort	Run 20 minutes Walk/Run if need be to complete session
OFF	Run 5 miles Walk portions if need be	Swim OPEN WATER See Details	BRICK 40min Bike/15 min Run/Walk	Swim 50 Free W/U 600 Straight 50 C/D	Bike 20 miles Aerobic Zone	Run 5 miles Walk portions if need be
OFF	Run 5 miles Walk portions if need be	Swim OPEN WATER See Details	BRICK 45min Bike/20 min Run/Walk	Swim 50 Free W/U 800 Straight 50 C/D	Bike 20 miles Aerobic Zone	Run 5 miles Walk portions if need be
OFF	Run 5 miles Walk portions if need be	Swim OPEN WATER See Details	BRICK 20min Bike/10 min Run/Walk	Swim 50 Free W/U 800 Straight 50 C/D	Bike 20 miles Aerobic Zone	Run 5 miles Walk portions if need be
OFF	OFF	Swim 15 mins Straight Bike 30 mins Easy	OFF	Swim 10 mins Easy Run 15 mins Easy	RACE DAY	

Foundation For Youth would like to acknowledge Ben Weaver for his generous contribution to The Columbus Challenge Sprint Triathlon.

Ben's 14 week Training Program is a valuable asset especially to those athletes participating for the first time in a Triathlon!

