



NOVICE ATHLETE 16-Week SPRINT Distance Training Plan

Description Document

By David Glover, MSE, MS, CSCS



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Introduction

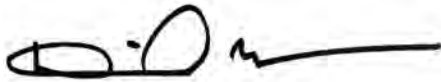
Congratulations for taking on the challenge of a triathlon — an event like no other half day physical challenge in sport — *a swim, bike and run odyssey!* You need to have the fitness to cover the distance, but just being fit will not be enough to get you to the finish line. As much as it is a physical test, the race is also a mental challenge as you experience potential discomfort, obstacles and even disappointment. Racing a triathlon is your personal challenge. No matter if your goal is the win or just to finish, training for a triathlon takes motivation, discipline, and the proper training plan to give you the ability and confidence to succeed.

I still vividly remember the excitement of completing my first sprint triathlon near Jacksonville, FL, in 1995 and now I want to help you make your training and racing experiences the best possible as I share the lessons learned, best practices and expert knowledge that I've accumulated from more than fifteen years of triathlon racing. Over the years, I've learned how to plan my training efficiently, how to balance my time and life effectively, how to execute better on race day, both physically and mentally, and how to consistently achieve top end results year after year.

I share this knowledge and experience with the athletes I coach, and now in my training plan and training guide, I'll share what I know with you.

All you need to supply is the motivation and the desire!

Good luck and happy training,



David B. Glover, MSE, MS, CSCS
Elite Athlete, Author and Coach

“ The ability to conquer oneself
is no doubt the most precious of
all things sports bestows on us.

— Olga Korbut, Olympic Gold Medal Gymnast

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Plan Objective

The objective of this training plan is to provide the NOVICE level triathlete with a structured and periodized 16-week training plan to prepare for a sprint distance triathlon (typically 750m swim, 20km bike, 5km run)

Plan Overview

The training plan progresses from 3 to 5 hours (max) of training per week prior to tapering and breaks down the training schedule into the following periods:

WEEKS	PERIOD	MAX WEEK HOURS
1-4	Preparation	3.5
5-7	Base 1	4
8-10	Base 2	4.5
11-13	Build	5
14-16	Peak / Race	5

A “typical” week during a Base Period looks like:

DAY	WORKOUT
Monday	Off Day
Tuesday	Swim
Wednesday	Bike
Thursday	Run
Friday	Swim
Saturday	Bike / BRICK
Sunday	Run

Within your plan, I adjust the frequency, intensity and duration of the workouts each week in order to meet the desired objectives for that training period. Level of intensity is given in order to stimulate desired training adaptations and maximize training time while minimizing risk of overtraining, burnout and injury. Training intensity can be measured by a variety of methods including rate of perceived effort (RPE) — i.e. how you “feel” — and a heart rate monitor. I recommend using a heart rate monitor in combination with RPE. You will be given field tests in your plan to determine your individual intensity training zones for swimming, biking and running.

Your plan also includes a downloadable comprehensive 40+ page training guide with detailed instructions on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

Athlete Requirements

You should be able to complete the following workouts prior to beginning the plan:

- Swim: 50 meters or yards continuously
- Bike: 30 minutes
- Run or Run / Walk: 20 minutes

About the Author

David B. Glover, MSE, MS, CSCS

Author of *Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life*, David Glover is certified as a coach by IRONMAN Triathlon, TrainingPeaks, USA Triathlon and USA Cycling and has the prestigious CSCS certification from the National Strength and Conditioning Association. David enjoys working with a full range of triathletes from first timers to experienced veterans qualifying for the IRONMAN World Championship in Kona, Hawaii.

A triathlete since 1995, David has completed more than 100 triathlons including twenty-eight IRONMAN® distance races. His Ironman distance accomplishments include qualifying for the IRONMAN World Championship in Hawaii multiple times, achieving a personal best time of 8:51 and winning five races overall including winning the Vineman Full twice. David raced professionally from 2007–2009 and is a 7x USA Triathlon All-American. He was inducted into the Vineman Hall of Fame in 2007.

David has his BS (Computer Science) from the U.S. Naval Academy, MSE (Engineering Management) from Catholic University and an MS (Exercise Physiology) from Eastern Michigan University. In addition to writing regularly in his blog (davidbglover.com), David also writes for both online and print magazines and organizations.

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