

# Bike, Run, Swim: putting it all together

The templates below are to help figure out where to start with your training and how to organize your week to fit in training around life so that your triathlon journey can begin!!

The information below will compliment the sample training plan on the Win for KC website: ([http://www.winforkctri.org/index.php?option=com\\_docman&task=doc\\_view&gid=9&tmpl=component&format=raw&Itemid=127](http://www.winforkctri.org/index.php?option=com_docman&task=doc_view&gid=9&tmpl=component&format=raw&Itemid=127))

## QUESTIONS:

Email Liz at: [liz.weidling@gmail.com](mailto:liz.weidling@gmail.com)

Race: WIN Triathlon

Date: July 31, 2010

Today's Date: MONTH, DAY, 2010....I have X weeks until July 31<sup>st</sup> (this is how long you have to train! This is important b/c it will help you set up your training schedule ☺)

Now that you know how many months/weeks you have to get ready – you need to figure out what to do in the next few months to prepare:

There are a few questions you need to ask yourself:

1. When do you want to start your training?
2. How much experience do you have with swimming, biking, or running? Have you ever participated in any of the three sports? Did you swim when you were younger? Did you ever learn how to ride a bike? Do you ever go for walks or jogs/runs? Use the attached templates to help you figure this out.....(see below)
3. How much time do you have each week? Use the attached template to help you plan out your week....
4. What are you comfortable with (...I am comfortable walking, I know how to swim, I am not comfortable with any of it!)?
5. What are least comfortable with? And what are you most anxious about?
6. Address the things you are not comfortable with – this will help you a lot! And will make this a more fun and exciting experience!!
7. Who will you get in touch with to help? (This is important – there is contact information for people who can help listed below – if you don't use one of them, find someone you do want to use!! This can make all the difference – remember there are no dumb ? !! )



## Week in Review: Where does training fit in your week?

	MON	TUES	WED	THURS	FRI	SAT	SUN
4 – 5 AM							
5 – 6 AM							
6 – 7 AM							
7 - 8 AM							
8 - 9 AM							
9 – 10 AM							
10 – 11 AM							
11- Noon							
Noon – 1							
1 – 2 PM							
2 – 3 PM							
3 – 4 PM							
4 – 5 PM							
5 – 6PM							
6 – 7 PM							
7 – 8 PM							
8 – 9 PM							
9 – 10 PM							
10 – 11 PM							





## BIKER BABE

### BIKE: WIN Triathlon biking distance: 10 miles

1 : not at all 10: I'm awesome!

I know how to bike

1 2 3 4 5 6 7 8 9 10

I like to bike

1 2 3 4 5 6 7 8 9 10

I have a bike yes / no

If no, who has a bike you might be able to borrow for the race? \_\_\_\_\_

If no, where might you be able to get on a bike to train? \_\_\_\_\_

(gym, spin class, craigs list/ buy a used bike, borrow one .... ask for help with this if you need it!)

The farthest I have ridden on a bike is \_\_\_\_\_ (1 mile, 20 miles, I have no idea miles : )

What I am most excited about on the bike is \_\_\_\_\_

What I am most nervous about in terms of the bike is \_\_\_\_\_

My goal on the bike is \_\_\_\_\_

What I need help with most is \_\_\_\_\_

Who I am going to contact to get help: \_\_\_\_\_

#### RESOURCES:

Jeff Whitecotten, EMG (jcw cotton@comcast.net)

#### Trek Bicycle Store of Kansas City

10412 Shawnee Mission Pkwy

Shawnee, KS 66203

913-631-6800





## I RUN LIKE A GIRL – TRY TO KEEP UP!!

### RUN : 5K or 3.1 mile run

I have spent time either walking, jogging, or running in the past

1 2 3 4 5 6 7 8 9 10

I enjoy walking

1 2 3 4 5 6 7 8 9 10

I enjoy jogging or running

1 2 3 4 5 6 7 8 9 10

The last time I went walking or jog/running was \_\_\_\_\_

I went for \_\_\_\_\_ miles or \_\_\_\_\_ minutes

I would rather walk/run by myself or with friends \_\_\_\_\_

What I am most excited about on the walk/run is \_\_\_\_\_

What I am most nervous about in terms of the walk/run is \_\_\_\_\_

My goal on the walk/run is \_\_\_\_\_

What I need help with most is \_\_\_\_\_

Who I am going to contact to get help: \_\_\_\_\_

#### RESOURCES:

Josh Wolf, EMG Coach (josh@endurancesportsclinic.com)



“Oop... I almost forgot. I won't be able to make it [tonight] fellas. Veronica and I trying this new fad called uh, jogging. I believe it's jogging or y jogging. It might be a soft j. I'm not sure but apparently you just run for an extended period of time. It's supposed to be wild.” (Ron Burgundy – Anchorman)





# SWIMMIN' WOMEN

## SWIM: 500 yards or 10 laps/20 lengths of the pool

I am comfortable in pool water

I am comfortable in lake water

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

I know how to swim and think I would be comfortable practicing in a pool

1 2 3 4 5 6 7 8 9 10

What I am most excited about on the swim is \_\_\_\_\_

I can practice swimming (where) \_\_\_\_\_

What I am most nervous about in terms of swimming is \_\_\_\_\_

My goal on the swim is \_\_\_\_\_

What I need help with most is \_\_\_\_\_

Who I am going to contact to get help: \_\_\_\_\_

### RESOURCES:

Liz Weidling, EMG Coach (liz.weidling@gmail.com)

