



GUIDELINES ON WHEN TO START YOUR TRIATHLON TRAINING PROGRAM

1. **Distance**
 - a. Sprint 8-12 weeks
 - b. Olympic 12-16 weeks
 - c. Half Ironman 12-20 weeks
 - d. Ironman 20-26 weeks
2. **Goal**
 - a. Finish
 - b. Set a personal record
 - c. Place or win your age group
 - d. Place or win overall
3. **Fitness level**
 - a. Sedentary
 - b. Working out, but infrequently
 - c. Working out vs. training
 - d. Working out a few days a week
 - e. Consistent, regular workout schedule
4. **Ability**
 - a. Can you swim? Are you efficient?
 - b. Are you biking for training vs. "touring"?
 - c. Do you run a consistent pace? Are you taking walking breaks?
5. **Availability to train**
 - a. Flexible schedule, can train any time
 - b. Minimal outside obligations
 - c. Working set hours
 - d. Working unpredictable hours
 - e. Heavy workload plus family responsibilities
6. **Experience**
 - a. Brand new
 - b. Have done a triathlon or two, but it has been a while
 - c. Doing a few triathlons a season
 - d. Regular, consistent competitor