



## HOW TO SET UP TRIATHLON BASE TRAINING

**Definition of triathlon BASE TRAINING:** Base training is the 12 weeks leading up to the build phase of training for your event and/or season. The purpose of base training is to lay a base for performing the training necessary in the build and peak phases in order to have an optimal race performance.

**Objectives of triathlon BASE TRAINING:**

- Aerobic endurance
- Technique (biomechanical efficiency)
- Maximum strength
- Sport-specific maximum training

**Weeks 1-4:**

- Low volume, aerobic workouts
- Focus on technique (biomechanics) in each discipline (ie, drills)
- Triathlon-specific strength training

**Weeks 5-8:**

- Continue working on aerobic endurance and technical skills
- Strength training moves into a maintenance mode
- Training becomes more specific
- Add a little intensity to some of the aerobic workouts (not all)

**Weeks 9-12:**

- Aerobic workouts are still the emphasis
- Few “pure” aerobic workouts (intensity is added in most)
- Volume may be slightly higher than it will be in build phase
- Technique (drill work) decreases and moves into maintenance mode
- Cut back on strength training
- Workouts are designed now around your lactate threshold