

BARWON HEADS TRIATHLON

8-WEEK BEGINNERS TRAINING PROGRAM



#BECKWORTHACING

BECKWORTH
R A C I N G

THE GOAL

To make sure you are fit enough to have fun out there



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R A C I N G

This training plan is built to help you to maximize your efforts on race day through Speed, Endurance and Recovery.

Glossary

RI = Rest in between

Effort chart

60% Very easy; you can converse with no effort

70% Easy; you can converse with almost no effort

75% Moderately easy; you can converse comfortably with little effort

80% Moderate; conversation requires some effort

85% Moderately hard; conversation requires quite a bit of effort

85-90% Difficult; conversation requires a lot of effort

90% Very difficult; conversation requires maximum effort

95-100% Peak effort; no-talking zone

WEEK BEGINNING 3/01/2022			
MON	Swim 900m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy 4x50m with 15sec RI as 25m fast/25m easy Cool down 200m easy	Done	Comments
		<input type="checkbox"/>	
TUE	30min Run as 10min warm up easy 8 x 1min hard 90% / 60secs easy. Please make sure there is big difference between your paces 4min cool down easy If you are very new to running you can walk the easy instead of running. Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.	Done	Comments
		<input type="checkbox"/>	
WED	40min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 – 30mins or lengthen if you are a more experienced rider Strength Program	Done	Comments
		<input type="checkbox"/>	
THU	Swim 1000m 100m warm up Main Set 2 x 200m done as 100m easy/50m medium/ 50m hard RI 30sec 4 x 100m done as 50m easy/25medium/ 25m hard RI 30sec 100m cool down	Done	Comments
		<input type="checkbox"/>	
FRI	REST DAY or if you have missed a day you can make up for it today Pilates	Done	Comments
		<input type="checkbox"/>	
SAT	BRICK SET 45min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.	Done	Comments
		<input type="checkbox"/>	
SUN	30min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.	Done	Comments
		<input type="checkbox"/>	

Barwon Heads Triathlon Clinic dates

Clinic #1 - Saturday January 22nd - Transition Practice - 8.45am

Clinic #2 - Saturday Feb 5th - Ride on Course/Run off the bike - 9.00am

Clinic #3 - Saturday Feb 12th – Swim Course and tips – 8.45am

Clinic #4 - Saturday 26th February AM - Ride / Run - 9.00am

Clinic #5 - Saturday 26th February PM - (Transition Tour) - 5.30pm

To register for them [click here](#)

WEEK BEGINNING 10/01/2022			
MON	<p>Swim 900m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy 4x50m with 15sec RI as 25m fast/25m easy Cool down 200m easy</p>	Done	Comments
		<input type="checkbox"/>	
TUE	<p>30min Run as 10min warm up easy 8 x 1min hard 90% / 60secs easy. Please make sure there is big difference between your paces 4min cool down easy If you are very new to running you can walk the easy instead of running.</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.</p>	Done	Comments
		<input type="checkbox"/>	
WED	<p>40min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 – 30mins or lengthen if you are a more experienced rider</p> <p>Strength Program</p>	Done	Comments
		<input type="checkbox"/>	
THU	<p>Swim 1000m 100m warm up Main Set 2 x 200m done as 100m easy/50m medium/ 50m hard RI 30sec 4 x 100m done as 50m easy/25medium/ 25m hard RI 30sec 100m cool down</p>	Done	Comments
		<input type="checkbox"/>	
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	Done	Comments
		<input type="checkbox"/>	
SAT	<p>BRICK SET 45min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	Done	Comments
		<input type="checkbox"/>	
SUN	<p>30min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.</p>	Done	Comments
		<input type="checkbox"/>	

Berry Smoothie - Great for after a session



INGREDIENTS

1/2 cups apple juice can also use almond milk, skim milk, coconut milk or other flavor of juice

1 banana sliced

1/2 cups frozen mixed berries

3/4 cup vanilla Greek yogurt

1 tablespoon honey optional

Optional garnish: fresh berries and mint sprigs

INSTRUCTIONS

Place the apple juice, banana, berries and yogurt in a blender; blend until smooth. If the smoothie seems too thick, add a little more liquid (1/4 cup).

Taste and add honey if desired. Pour into two glasses and garnish with fresh berries and mint sprigs if desired.

BROCCOLI SALAD

1 broccoli head, approx 5 cups of florets

8 slices bacon

1/3 cup red onion, diced

1/2 cup dried cranberries

1/2 cup sunflower seeds

1/4 cup goat cheese, crumbled

BROCCOLI SALAD DRESSING

1/2 cup mayonnaise

1/4 cup plain yogurt

INSTRUCTIONS

Preheat the oven to 190 degrees. Add the bacon slices to a parchment lined baking tray and cook for 15 minutes or until crispy. Remove the bacon from the oven and transfer to a paper towel to dry and cool.

While the bacon is cooking, slice off all the broccoli florets and make sure they're in bite-sized pieces. Add them to a large mixing bowl along with the red onion, dried cranberries, sunflower seeds and goat cheese.

To make the dressing, add the mayonnaise and yogurt to a small bowl and stir together. Add the dressing to the mixing bowl and stir until everything is well combined.



WEEK BEGINNING 17/01/2022			
MON	Swim 800m – Test session 100m warm up 4 x 50m at a medium pace with 15sec RI 25m at a hard pace with 15sec RI/25m at an easy pace Main Set : 200m time trial – record your time Cool Down : 200m cool down/2 x 100m at an easy pace with 20sec RI	Done	Comments
		<input type="checkbox"/>	
TUE	Run 35mins 10min warm up 3 x 2mins at tempo 80% / 2min walk. 10min cool down – you can add extra on cool down if you want to extend run session Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.	Done	Comments
		<input type="checkbox"/>	
WED	Ride 45mins Easy no efforts and please do not push a big gear. If new to riding you can shorten this to 35 – 40min Strength Program Optional rest day if you are tired	Done	Comments
		<input type="checkbox"/>	
THU	1100m Swim 100m swim/4x50m with 15sec RI Main Set : 2x200m with 15sec RI paddles + pull buoy. 2x100m with 15sec RI (50m fast/50m easy) Cool Down : 200m easy	Done	Comments
		<input type="checkbox"/>	
FRI	REST DAY or if you have missed a day you can make up for it today Pilates	Done	Comments
		<input type="checkbox"/>	
SAT	1hr Ride – Over Barwon Heads Tri course if you live in the area 20min warm up easy 10 x 30secs @ 80% effort with high leg cadence(90-100rpm)/1min easy 10 x 15secs hard/ 1min easy 20min cool down 10min jog off the bike easy 70% effort And/or Clinic #1 - Saturday January 22nd - Transitions - 8.45am – Register here	Done	Comments
		<input type="checkbox"/>	
SUN	35min long easy jog 70% effort – this run can be extended to 45min if you want to run longer. Open water swim 400m - optional Can be done in the bay depending on where you live. This is just an easy swim, purely just to give you practice in the open water	Done	Comments
		<input type="checkbox"/>	

hendry

CYCLE CO.

Hendry Cycles is a sponsor of Barwon Heads Triathlon.

It is important to make sure your bike is in good shape for race day and is well worth popping your bike in for a basic service at their Grovedale store or Ocean Grove Store.

Also important to make sure you have a spare tube, levers and pump on a training rides so you don't get stuck out on the road. If you are unsure of how to change a tyre, I am sure the people at the shop would be happy to show you.

All your biking needs can be found at Hendry's.

Ocean Grove - 52551627
Geelong – 5241 1852

WEEK BEGINNING 24/01/2022			
MON	Swim 1000m 100m warm up Main Set 3 x 100m done medium pace RI 30secs 4 x 50m with fins fast RI 20 secs 8 x 25m with fins easy long strokes RI 20 secs 100m cool down RI 20 secs	Done	Comments
		<input type="checkbox"/>	
TUE	35min Run as 10min warm up then 2 x 2min medium to hard pace / 90secs walk. 10min cool down Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.	Done	Comments
		<input type="checkbox"/>	
WED	Ride 50mins Easy no efforts and please don't push a big gear. If you are a more advanced rider you can include 8 x 1mins @ race pace/2mins easy. Strength Program	Done	Comments
		<input type="checkbox"/>	
THU	Swim 1200m 200m warm up Main Set 8 x 50m 10m hard / 40m easy RI 20 secs. 4 x 100m 50m easy / 50m hard RI 20secs 200m cool down	Done	Comments
		<input type="checkbox"/>	
FRI	REST DAY or if you have missed a day you can make up for it today Pilates	Done	Comments
		<input type="checkbox"/>	
SAT	BRICK SET 1hr 10min Ride 20min warm up easy 4 x 4min @ 80% down on tri bars or drops if you are comfortable with this / 2min easy 60% 24min cool down 10min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.	Done	Comments
		<input type="checkbox"/>	
SUN	40min long easy jog 70% effort – to make this harder, this can be done on hilly course or you can extend the run to 50mins easy Open water swim 500m - optional This can be done in the bay depending on where you live. Make it an easy swim, purely just to give you practice in the open water	Done	Comments
		<input type="checkbox"/>	



13TH BEACH HEALTH SERVICES

OSTEOPATHY | PHYSIOTHERAPY | PODIATRY
CLINICAL PILATES | REMEDIAL MASSAGE

Keeping your body in good condition is also important when training, even if you don't have an injury. Getting a massage once a month can help prevent an injury.

13th Beach Health Services in Barwon Heads can help you with this and any niggles that may come up while you are in training. It is important to not let niggles progress and turn into something more serious. If you get onto things early, this will hopefully result in a positive outcome, rather than injury that may put you out of action.

WEEK BEGINNING 31/01/2022			
MON	<p>Swim 1200m 200m warm up Main Set 8 x 100m done as 50m easy / 50m hard RI 30secs 200m cool down</p>	Done	Comments
		<input type="checkbox"/>	
TUE	<p>45min Run as 10min warm up 6 x 5mins done as 2min @ 70% / 2min @ 80% / 1min walk 10min cool down Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.</p>	Done	Comments
		<input type="checkbox"/>	
WED	<p>Ride 50mins Easy no efforts and please don't push a big gear. If you are a more advance rider you can include 2 x 5mins as 2min med pace/ 2min hard. 1min easy spin Strength Program</p>	Done	Comments
		<input type="checkbox"/>	
THU	<p>Swim 1000m 200m warm up Main Set 2 x 400m done as 200m hard/200m easy. RI 1min 200m cool down</p>	Done	Comments
		<input type="checkbox"/>	
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	Done	Comments
		<input type="checkbox"/>	
SAT	<p>BRICK SET 1hr Ride 25min warm up easy 8 x 1min hill repeats seated @ 80%. Recovery is spin back down the hill to the start and go again 20min cool down 10min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike. or Clinic #2 - Saturday Feb 5th - Ride on Course/Run off the bike - 9.00am – Register here</p>	Done	Comments
		<input type="checkbox"/>	
SUN	<p>40min long easy jog 70% effort Open water swim 500m - optional This can be done in the bay depending on where you live. This is just and easy swim, purely just to give you practice in the open water</p>	Done	Comments
		<input type="checkbox"/>	



CONGRATULATIONS YOU ARE HALF WAY THROUGH THE PROGRAM

THIS NEXT 3 WEEKS IS WHERE YOU WILL MAKE THE MOST GAINS AS YOU HAVE DEVELOPED YOUR BASE FITNESS

OUR SESSIONS WILL CONCENTRATE ON PREPARING FOR RACE DAY

JUST WANTED TO LET YOU KNOW WE'RE HERE TO SUPPORT YOU SO FEEL FREE TO CONTACT ADAM BECKWORTH AT BECKWORTH RACING WITH ANY QUESTIONS OR CONCERNS BEFORE YOUR BIG RACE

LOOK OUT FOR OUR DATES FOR OUR FREE BARWON HEADS TRIATHLON CLINICS WHICH WILL BE FANTASTIC FOR COURSE RECON AND LEARNING HOW TO COMPLETE TRANSITIONS FROM SWIM TO BIKE AND BIKE TO RUN

Head to www.beckworthracing.com/barwonheadstri

WEEK BEGINNING 07/02/2022

			Done	Comments
MON	<p align="center">1000m Swim Warm up 200m Main Set 4x50m hard RI 20secs 100m easy 3x100m as 50m hard / 50m easy RI 30secs Cool down 200m</p>	Done		
		<input type="checkbox"/>		
TUE	<p align="center">45min Run 15min warm up 3 x 2min hills reps done @ 85%. The recovery is walking easy back down the hill to the start. 10min cool down Option of going to BRT Run Club at Deakin Uni Track Waurnd Ponds. Meet at 5pm to start at 5.15pm.</p>	Done		
		<input type="checkbox"/>		
WED	<p align="center">Ride 50mins Easy no efforts and please don't push a big gear. This ride can be extended to 1hr10mins for more advanced riders Strength Program</p>	Done		
		<input type="checkbox"/>		
THU	<p align="center">Swim 1000m 100m warm up Main Set 4 x (4 x 50m hard) 1st set 20secs rest. 2nd set 15secs rest. 3rd set 10secs rest. 4th set 5secs rest. 1min rest between each set. 100m cool down</p>	Done		
		<input type="checkbox"/>		
FRI	<p align="center">REST DAY or if you have missed a day you can make up for it today Pilates</p>	Done		
		<input type="checkbox"/>		
SAT	<p align="center">BRICK SET 20min easy jog before ride 40min ride @ a medium pace 15min run off the bike as 2min @ medium effort / 1min easy effort and Clinic #3 - Saturday Feb 12th - Swim Course and tips - 8.45am – Register here</p>	Done		
		<input type="checkbox"/>		
SUN	<p align="center">35min Run 15min easy 2 x 1min @ tempo 80% / 1min walk. 3 x 30secs @ 90% / 45sec walk. Focus on good technique and high leg cadence. 10min easy cool down Open water swim 500m optional This can be done in the bay depending on where you live. This is just an easy swim, purely just to give you practice in the open water</p>	Done		
		<input type="checkbox"/>		

2 WEEKS TO TILL THE BIG RACE

Head to www.beckworthracing.com/barwonheadstri for helpful tips and videos that will help you get ready for the event. Secrets to success.

Here is a list of items you may need for race day.

Swim

Goggles

Wetsuit

Vaseline or Paw Paw cream to put on neck so you don't get a rash when swimming

Baby oil to put on arms and legs under wetsuit so it comes off easier (make sure you get someone else to do this so you don't get baby oil all over your goggles)

Tri suit for under wetsuit that you will race in for the duration of the race

Swim cap that you will get given at registration

Bike

Bike

Bike shoes or runners

Helmet and Sunglasses

Drink bottle on bike

Run

Runners

Hat

Sunglasses

Socks if you wish to put them on to run in

- Take a towel with you to put down in transition to put your gear on
- Take note when you put your bike in, on where you bike is placed (rack number) and also visualise where the entry and exits are for each of the legs. Even walk through and practice entering and exiting for particular legs.



WEEK BEGINNING 14/02/2022			
MON	Swim 1000m 100m easy Main Pyramid Set 50m/100m/150m/200m/150m/100m/50m done med to hard pace RI 20 secs 100m cool down	Done	Comments
		<input type="checkbox"/>	
TUE	40min Run 10min warm up 10 x 15secs @ 90%/30secs easy 10 x 30secs @ 90%/1min easy 6 x 1mins @ 85%/2mins easy 3min cool down Option of going to BRT Run Club at Deakin Uni Track Waurrn Ponds. Meet at 5pm to start at 5.15pm.	Done	Comments
		<input type="checkbox"/>	
WED	Ride 60mins Easy no efforts and please don't push a big gear. If you are feeling good you can include 2 x 5mins done as 1min med / 1min hard / 1min hard / 2min easy Strength Program	Done	Comments
		<input type="checkbox"/>	
THU	Swim 1100m 100m warm up Main Set 3 x 300m done as 100m swim medium pace, 100m kick, 100m swim medium pace RI 45secs 100m cool down	Done	Comments
		<input type="checkbox"/>	
FRI	REST DAY or if you have missed a day you can make up for it today Pilates	Done	Comments
		<input type="checkbox"/>	
SAT	BRICK SET – Barwon Heads course if you live in the area 1hr 10min Ride 25min warm up easy 4 x 1min @ race feeling/pace / 2min easy 20min cool down 20min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.	Done	Comments
		<input type="checkbox"/>	
SUN	30min Run 10min easy 4 x 30secs @ race feeling / 40secs easy 5min walk. 5min jog Open water swim 500m - optional This can be done in the bay depending on where you live.	Done	Comments
		<input type="checkbox"/>	

Here at Beckworth Racing 40% of our athlete intake, including local + correspondence athletes are female.

We love helping everyone of all different capabilities. It's so great to see so many girls out there giving triathlon a go.

How cool is that for a statistic?

If you have been thinking about doing some swimming, running or cycling then maybe it's time to join the movement!

Girls make your move, come along for a session and you will find out how much it is.

We are here to help and we can't wait to continue to help this wonderful sport grow with the participation!



WEEK BEGINNING 21/2/2022 RACE WEEK			
MON	Swim 800m 200m warm up 8 x 50m done as 25m hard 90%/25m super easy RI 20secs 200m cool down	Done	Comments
		<input type="checkbox"/>	
TUE	REST DAY	Done	Comments
		<input type="checkbox"/>	
WED	Ride 35mins 10min warm up 3 x 1min tempo high leg spinning/1min easy 15min cool down	Done	Comments
		<input type="checkbox"/>	
THU	20min Run 5min warm. 8 x 15secs tempo 80%/2mins easy <70% 5min cool down	Done	Comments
		<input type="checkbox"/>	
FRI	REST DAY	Done	Comments
		<input type="checkbox"/>	
SAT	RACE PREP BRICK SET 20min easy ride 5min jog off the bike easy Clinic #4 & 5 - Ride / Run - 9.00am and PM - (Transition Tour) - 5.30pm – Register here	Done	Comments
		<input type="checkbox"/>	
SUN	RACE DAY Make sure you do a 10min jog 60mins before race start. Pop your wetsuit on 45mins before the start. Start your walk down as it will take 10-15min. Once there hop in the water to wet the face and turn the arms over before the race, so you don't get a shock of the water temp when you start. Go out enjoy and have fun 😊	Done	Comments
		<input type="checkbox"/>	

CONTACT

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Training enquiries

www.beckworthracing.com/contact



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