Typically the Minnesota State University, Mankato sprint triathlon event is held the first Sunday in May with a 9:00 AM start time. For more information and to register and pay online go to the following website: www.mnsu.edu/campusrec/events/Triathlon/

This Triathlon 1 program is designed for runners (and other athletes) who want to use a variety of sports and exercises to get and stay fit. It is not designed to prepare you to compete in a triathlon, although you certainly could do one if your goal is mainly to finish.

### Hal Higdon’s 8-week Triathlon Training Program

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bike &amp; Strength</td>
<td>Run 30 min</td>
<td>Strength &amp; Swim</td>
<td>Run 30 min</td>
<td>Rest</td>
<td>Run 30 min</td>
<td>Bike 60 min</td>
</tr>
<tr>
<td>2</td>
<td>Run 30 min</td>
<td>Strength &amp; Swim</td>
<td>Run 30 min</td>
<td>Bike &amp; Strength</td>
<td>Rest</td>
<td>Walk 60 min</td>
<td>Run 35 min</td>
</tr>
<tr>
<td>3</td>
<td>Strength &amp; Swim</td>
<td>Run 35 min</td>
<td>Bike 60 min</td>
<td>Run &amp; Strength</td>
<td>Rest</td>
<td>Run 40 min</td>
<td>Walk 60 min</td>
</tr>
<tr>
<td>4</td>
<td>Run 30 min</td>
<td>Strength &amp; Swim</td>
<td>Run 30 min</td>
<td>Bike &amp; Strength</td>
<td>Rest</td>
<td>Run 45 min</td>
<td>Bike 70 min</td>
</tr>
<tr>
<td>5</td>
<td>Strength &amp; Swim</td>
<td>Run 40 min</td>
<td>Bike &amp; Strength</td>
<td>Run 30 min</td>
<td>Rest</td>
<td>Run 50 min</td>
<td>Walk 60 min</td>
</tr>
<tr>
<td>6</td>
<td>Run 30 min</td>
<td>Strength &amp; Swim</td>
<td>Run 30 min</td>
<td>Bike &amp; Strength</td>
<td>Rest</td>
<td>Walk 60 min</td>
<td>Bike 80 min</td>
</tr>
<tr>
<td>7</td>
<td>Strength &amp; Swim</td>
<td>Run 45 min</td>
<td>Bike 60 min</td>
<td>Run &amp; Strength</td>
<td>Rest</td>
<td>Run 55 min</td>
<td>Walk 60 min</td>
</tr>
<tr>
<td>8</td>
<td>Run 30 min</td>
<td>Strength &amp; Swim</td>
<td>Run 30 min</td>
<td>Bike &amp; Strength</td>
<td>Rest</td>
<td>Run 60 min</td>
<td>Bike 90 min</td>
</tr>
</tbody>
</table>
If you are interested in general fitness, no better combination of exercises exists than the three events of the triathlon. Swimming strengthens the upper-body muscles. Cycling and running strengthens the lower-body muscles. All three forms of exercise develop the cardiovascular system. The Triathlon 1 schedule only suggests how you might train. Try different combinations to see what works best for you.

**Triathlon Basics**

**SWIM**
A simple bathing suit will suffice. Nose plugs and goggles are not necessary; but may be used. MSU does not offer swimming lessons for participants. As for training, Campus Rec pool hours can be found at [http://www.mnsu.edu/campusrec/facilities/](http://www.mnsu.edu/campusrec/facilities/) for current Otto Recreation Center members.

**BIKE**
Participants must provide their own bike and helmet to participate in the Campus Rec Sprint Triathlon. Specialized biking shoes are not required. As for training, ride at a comfortable speed on an indoor recumbent bike or an outside bike.

**RUN**
Wear comfortable shoes, which you may also use for biking. As for training, practice a pace of run/walk that is most comfortable.

**TRANSITIONS**
For a sprint triathlon with short distances, some participants prefer to wear their swim attire and running shoes while they bike and run. However, you may plan time in your transitions to change your clothing and shoes.

**MSU SPRINT TRIATHLON EVENT INCLUDES**
Swim 300 yards inside in the Highland Center pool
Bike 14 miles outside on a paved country road south of town
Run 5k on a paved outside road

**SPECIALIZED EXERCISE PLAN OPTION**
If you are a current MSU student, alumni, faculty member, staff member, donor, or spouse of the afore mentioned and are interested in having a specialized exercise plan developed for you, contact us and we will provide you with more details on how to purchase this option.

**CONTACT INFO**
E-mail: crec.fitness@mnsu.edu
Phone: 507-389-3249
Office: HC 1410 (across from the Highland Center Pool)

Some information for this handout was taken from the Hal Higdon website: [www.halhigdon.com](http://www.halhigdon.com).

Individuals with a disability, who need a reasonable accommodation to participate in this event, please contact Campus Recreation at 507-389-6215 (V), 800-627-3529 or 711 (MRS/TTY) at least 14 days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.