



# Sprint Triathlon

Register and pay on-line and for more information go to:

[www.mnsu.edu/campusrec/events/Triathlon/](http://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

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Bike & Strength	Run 30 min	Strength & Swim	Run 30 min	Rest	Run 30 min	Bike 60 min
2	Run 30 min	Strength & Swim	Run 30 min	Bike & Strength	Rest	Walk 60 min	Run 35 min
3	Strength & Swim	Run 35 min	Bike 60 min	Run & Strength	Rest	Run 40 min	Walk 60 min
4	Run 30 min	Strength & Swim	Run 30 min	Bike & Strength	Rest	Run 45 min	Bike 70 min
5	Strength & Swim	Run 40 min	Bike & Strength	Run 30 min	Rest	Run 50 min	Walk 60 min
6	Run 30 min	Strength & Swim	Run 30 min	Bike & Strength	Rest	Walk 60 min	Bike 80 min
7	Strength & Swim	Run 45 min	Bike 60 min	Run & Strength	Rest	Run 55 min	Walk 60 min
8	Run 30 min	Strength & Swim	Run 30 min	Bike & Strength	Rest	Run 60 min	Bike 90 min

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:**

**SWIMMING:** A simple bathing suit will suffice. Nose plugs and goggles are not a necessity, but may be used if you choose. MSU does not offer swimming lessons for participants. As for training, Campus Rec pool hours can be found: <http://www.mnsu.edu/campusrec/facilities/> for current Otto Recreation Center members.

**BICYCLING:** 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 whatever speed seems comfortable on an indoor recumbent bike or get outside and ride as soon as you can.

**RUNNING:** 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, it may be easier to bike and run while still in your swimming trunks and wear your running shoes during the bike leg. However, you may plan time in your transitions to change your clothing/shoes.



### **MSU Sprint Triathlon events include:**

- Swimming 300 yards in the Highland Center pool
- Biking 14 miles outside on a paved country road south of town
- Running a 5k on a paved road

If you are interested in having a specialized exercise plan developed for you to train for the Sprint Triathlon or have further questions, e-mail us at: [msufitness\\_assessment@yahoo.com](mailto:msufitness_assessment@yahoo.com), call 507-389-3249, or visit our office HC 1410 (across from the Highland Center Pool).

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