



P90X3 Olympic Triathlon Training Plan

Glossary of Workouts

BASE Run

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

BASE Run Tempo 40

Total workout duration is indicated by the number in the title.

10 min warmup easy

20 min tempo pace

10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means you should NOT be able to hold a conversation. You should be on the line between “I need to stop” and “I can keep going but it’s challenging”. Short gasps are necessary to talk. It is tough but doable. This is also sometimes described as “10K race pace”.



BASE Run SI 35

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run SI 50

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

10 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



BASE Bike

Bike at 55% - 75% of maximum heart rate. Duration of workout is indicated by the time or distance in the title.

BASE Bike Threshold 55

Duration is 55 min.

Main Set:

22 min at threshold pace. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.
10 minute recovery pace between threshold sets.

BASE Bike Threshold 70

Duration is 70 min.

Main Set:

2 x 14 min at threshold pace with 5 min recovery between. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.
10 minute recovery pace between threshold sets.



BASE Bike PI 70

Duration is 70 min.

PI = Power Intervals

Main Set:

12 x 20 sec power intervals done in hardest gear you can maintain 85 rpm.

2 min recovery spin between intervals

Warm up and cool down long enough to reach the total time.

BASE Bike Recovery

Bike at easy recovery pace while maintaining proper cadence. Time indicated in title.

BASE Brick

Bike followed immediately by run. Times indicated in title as Bike time/Run Time (e.g. 75/20 is a 75 min bike followed by a 20 min run)



BASE Swim

Base Swim total yardage is indicated in the title of the workout (e.g. BASE Swim 1500 is a 1500 yard swim). The types of main sets and warmups and cooldowns that are best are different for each swimmer. For these simple plans, I have only given total distances. You can feel free to use whatever swim workouts you would like. Here are some simple examples:

BASE Swim 1200

200 warmup easy

200 drill set

MAIN SET: 5 x 100 with 20 sec rest at moderate pace

4 x 50 sprint

100 cooldown easy

BASE Swim 2000

300 warmup easy

200 drill set

4 x 100 at strong pace

4 x 200 holding same average pace as the 100s

300 cooldown easy



P90X3 Workouts

Workouts with “P90X3” in the title indicate a specific workout DVD available through the Beachbody P90X3 home DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at ryan@tribasetraining.com. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 P90X3 - Dynamix	Day 2 P90X3 – Total Synergistics BASE Swim 1200	Day 3 BASE Bike 40	Day 4 P90X3 – The Warrior BASE Swim 1500	Day 5 BASE Run 40	Day 6 BASE Bike 45	Day 7 BASE Run 20 P90X3 – X3 Yoga
Day 8 P90X3 - Dynamix	Day 9 P90X3 – Total Synergistics BASE Swim 1500	Day 10 BASE Bike 50	Day 11 P90X3 – The Warrior BASE Swim 1500	Day 12 BASE Run 45	Day 13 BASE Bike 55	Day 14 P90X3 – X3 Yoga BASE Run 20
Day 15 P90X3 - Dynamix	Day 16 P90X3 – Total Synergistics BASE Swim 1500	Day 17 BASE Bike 60	Day 18 P90X3 – The Warrior BASE Swim 1700	Day 19 BASE Run 50	Day 20 BASE Bike 60	Day 21 P90X3 – X3 Yoga BASE Run 30
Day 22 P90X3 - Dynamix	Day 23 BASE Swim 1500 P90X3 – Pilates X	Day 24 BASE Bike 45	Day 25 P90X3 - Isometrics BASE Swim 1500	Day 26 BASE Run 40	Day 27 BASE Bike 45	Day 28 BASE Run 20 P90X3 – X3 Yoga



Day 29 P90X3 - Dynamix	Day 30 BASE Swim 1900 P90X3 – Total Synergistics	Day 31 BASE Bike 60	Day 32 BASE Swim 1900 P90X3 – The Warrior	Day 33 BASE Run 55	Day 34 BASE Bike 65	Day 35 BASE Run 30 P90X3 – X3 Yoga
Day 36 P90X3 - Dynamix	Day 37 BASE Swim 1900 P90X3 – Total Synergistics	Day 38 BASE Bike 65	Day 39 P90X3 – Triometrics BASE Swim 2000	Day 40 BASE Run 70	Day 41 BASE Bike 80	Day 42 BASE Run 30 P90X3 – X3 Yoga
Day 43 P90X3 - Dynamix	Day 44 BASE Swim 1900 P90X3 - Total Synergistics	Day 45 BASE Bike65	Day 46 P90X3 - Triometrics BASE Swim 2200	Day 47 BASE Run 70	Day 48 BASE Bike 80	Day 49 BASE Run 30 P90X3 – X3 Yoga
Day 50 P90X3 - Dynamix	Day 51 P90X3 – Pilates X BASE Swim 1500	Day 52 BASE Bike 60	Day 53 P90X3 – Isometrics BASE Swim 1700	Day 54 BASE Run 50	Day 55 BASE Bike 60	Day 56 P90X3 – X3 Yoga BASE Run 30



Day 57 P90X3 - Dynamix	Day 58 BASE Swim 2100 BASE Run Tempo 40	Day 59 BASE Bike PI 70	Day 60 BASE Swim 1900 P90X3 - Triometrics	Day 61 BASE Run 70 P90X3 – Eccentric Upper	Day 62 BASE Brick 75/20	Day 63 BASE Run 25 P90X3 – X3 Yoga
Day 64 P90X3 - Dynamix	Day 65 BASE Swim 2200 BASE Run SI 50	Day 66 BASE Bike Threshold 70	Day 67 BASE Swim 2000 P90X3 – Eccentric Lower	Day 68 BASE Run 75 P90X3 – Eccentric Upper	Day 69 BASE Bike 100	Day 70 BASE Run 30 P90X3 – X3 Yoga
Day 71 P90X3 - Dynamix	Day 72 BASE Swim 2300 BASE Run Tempo 40	Day 73 BASE Bike PI 70	Day 74 P90X3 – Decelerator BASE Swim 2000	Day 75 P90X3 – Eccentric Upper BASE Run 80	Day 76 BASE Brick 75/30	Day 77 BASE Run 30 P90X3 – X3 Yoga
Day 78 P90X3 - Dynamix	Day 79 BASE Swim 1900 BASE Run SI 35	Day 80 BASE Bike Threshold 55	Day 81 BASE Swim 2000 P90X3 - Isometrics	Day 82 BASE Run 60	Day 83 BASE Bike 110	Day 84 P90X3 – X3 Yoga BASE Run 25



Day 85 P90X3 - Dynamix	Day 86 BASE Swim 2200 BASE Run SI 50	Day 87 BASE Bike PI 70	Day 88 P90X3 – Eccentric Upper BASE Swim 2000	Day 89 P90X3 – Agility X BASE Run 75	Day 90 BASE Brick 90/20	Day 91 P90X3 – X3 Yoga BASE Run 30
Day 92 P90X3 - Dynamix	Day 93 BASE Swim 2300 BASE Run Tempo 40	Day 94 BASE Bike Threshold 70	Day 95 BASE Swim 2100 P90X3 – Eccentric Lower	Day 96 P90X3 – Triometrics BASE Run 80	Day 97 BASE Bike 130	Day 98 P90X3 – X3 Yoga BASE Run 30
Day 99 P90X3 - Dynamix	Day 100 BASE Swim 2400 BASE Run SI 50	Day 101 BASE Bike PI 70	Day 102 BASE Swim 2200 P90X3 – X3 Yoga	Day 103 BASE Run 90	Day 104 BASE Brick 90/45	Day 105 BASE Run 30 P90X3 – X3 Yoga
Day 106 P90X3 - Dynamix	Day 107 BASE Bike Threshold 55	Day 108 P90X3 – X3 Yoga BASE Bike 45	Day 109 BASE Swim 1400 BASE Tempo Run 35	Day 110 BASE Run 30	Day 111 BASE Bike Recovery 20	Day 112 Olympic Race Day