



## ***P90X3 Sprint 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 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.



## **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](mailto:ryan@tribasetraining.com). I will help you get it on demand or via DVD for the best price.



## Daily Training Schedule

<b>Day 1</b> P90X3 - Dynamix	<b>Day 2</b> BASE Swim 1200  P90X3 – Total Synergistics	<b>Day 3</b> BASE Bike 30	<b>Day 4</b> BASE Swim 1500  P90X3 – The Warrior	<b>Day 5</b> BASE Run 30	<b>Day 6</b> BASE Bike 45	<b>Day 7</b> BASE Run 20  P90X3 – X3 Yoga
<b>Day 8</b> P90X3 - Dynamix	<b>Day 9</b> BASE Swim 1200  P90X3 – Total Synergistics	<b>Day 10</b> BASE Bike 40	<b>Day 11</b> BASE Swim 1500  P90X3 – The Warrior	<b>Day 12</b> BASE Run 35	<b>Day 13</b> BASE Bike 45	<b>Day 14</b> P90X3 – X3 Yoga  BASE Run 20
<b>Day 15</b> P90X3 - Dynamix	<b>Day 16</b> BASE Swim 1500  P90X3 = Total Synergistics	<b>Day 17</b> BASE Bike 40	<b>Day 18</b> BASE Swim 1500  P90X3 – The Warrior	<b>Day 19</b> BASE Run 40	<b>Day 20</b> BASE Bike 50	<b>Day 21</b> P90X3 – X3 Yoga  BASE Run 20
<b>Day 22</b> P90X3 - Dynamix	<b>Day 23</b> P90X3 – Pilates X  BASE Swim 1200	<b>Day 24</b> BASE Bike 30	<b>Day 25</b> BASE Swim 1500  P90X3 - Isometrics	<b>Day 26</b> BASE Run 35	<b>Day 27</b> BASE Bike 45	<b>Day 28</b> BASE Run 20  P90X3 – X3 Yoga



<b>Day 29</b> P90X3 - Dynamix	<b>Day 30</b> P90X3 – Eccentric Lower BASE Swim 1500	<b>Day 31</b> BASE Bike 50	<b>Day 32</b> P90X3 – Eccentric Upper BASE Swim 1500	<b>Day 33</b> P90X3 – Agility X BASE Run 40	<b>Day 34</b> BASE Bike 55	<b>Day 35</b> P90X3 – X3 Yoga BASE Run 20
<b>Day 36</b> P90X3 - Dynamix	<b>Day 37</b> P90X3 – Triometric BASE Swim 1500	<b>Day 38</b> BASE Bike Threshold 55	<b>Day 39</b> BASE Swim 1800 P90X3 – Eccentric Upper	<b>Day 40</b> BASE Run 50	<b>Day 41</b> BASE Bike 65	<b>Day 42</b> P90X3 – X3 Yoga BASE Run 25
<b>Day 43</b> P90X3 - Dynamix	<b>Day 44</b> BASE Swim 1500 BASE Tempo Run 40	<b>Day 45</b> BASE Bike Threshold 55	<b>Day 46</b> P90X3 – Agility X BASE Swim 1800	<b>Day 47</b> BASE Run 60	<b>Day 48</b> BASE Bike 75	<b>Day 49</b> P90X3 – X3 Yoga BASE Run 25
<b>Day 50</b> P90X3 - Dynamix	<b>Day 51</b> BASE Swim 1600 BASE Run SI 35	<b>Day 52</b> BASE Bike Threshold 55	<b>Day 53</b> P90X3 – Isometrics BASE Swim 1500	<b>Day 54</b> BASE Run 45	<b>Day 55</b> BASE Bike 60	<b>Day 56</b> P90X3 – X3 Yoga BASE Run 25



<b>Day 57</b> P90X3 - Dynamix	<b>Day 58</b> BASE Swim 1800 BASE Run SI 35	<b>Day 59</b> BASE Bike Threshold 55	<b>Day 60</b> P90X3 – Decelerator  BASE Swim 1800	<b>Day 61</b>  BASE Run 60	<b>Day 62</b>  BASE Bike 80	<b>Day 63</b>  BASE Run 25  P90X3 – X3 Yoga
<b>Day 64</b> P90X3 - Dynamix	<b>Day 65</b> BASE Swim 1900  BASE Run Tempo 40	<b>Day 66</b> BASE Bike Threshold 55	<b>Day 67</b> P90X3 – Agility X  BASE Swim 1800	<b>Day 68</b>  BASE Run 60	<b>Day 69</b>  BASE Bike 90	<b>Day 70</b>  BASE Run 25  P90X3 – X3 Yoga
<b>Day 71</b> P90X3 - Dynamix	<b>Day 72</b> BASE Swim 2200  BASE Run SI 50	<b>Day 73</b> BASE Bike Threshold 55	<b>Day 74</b> P90X3 – Decelerator  BASE Swim 2000	<b>Day 75</b>  BASE Run 65	<b>Day 76</b>  BASE Bike 100	<b>Day 77</b>  P90X3 – X3 Yoga  BASE Run 25
<b>Day 78</b> P90X3 - Dynamix	<b>Day 79</b> BASE Swim 2000  BASE Run SI 50	<b>Day 80</b> BASE Bike Threshold 55	<b>Day 81</b> P90X3 – Decelerator  BASE Swim 2000	<b>Day 82</b>  BASE Run 65	<b>Day 83</b>  BASE Bike 100	<b>Day 84</b>  P90X3 – X3 Yoga  Base Run 25





Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
P90X3 - Dynamix	BASE Swim 1300	BASE Bike 30	BASE Swim 1000	BASE Run 30	BASE Bike Recovery 20	Sprint Race Day