



PiYo 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



PiYo Workouts

Workouts with “PiYo” in the title indicate a specific workout DVD available through the Beachbody PiYo 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 PiYo Define - Upper BASE Swim 1200	Day 2 BASE Bike 45 PiYo Core	Day 3 BASE Run 40 PiYo Define: Upper	Day 4 BASE Swim 1500 PiYo Buns	Day 5 Rest Day	Day 6 BASE Bike 45	Day 7 BASE Run 20 PiYo Sweat
Day 8 BASE Swim 1500 PiYo Define: Upper	Day 9 PiYo Core Base Bike 50	Day 10 BASE Run 45 PiYo Define: Upper	Day 11 PiYo Sculpt BASE Swim 1500	Day 12 Rest Day	Day 13 BASE Bike 55	Day 14 BASE Run 20 PiYo Sweat
Day 15 PiYo Define: Upper BASE Swim 1500	Day 16 PiYo Core BASE Bike 60	Day 17 BASE Run 50 PiYo Define: Upper	Day 18 PiYo Buns BASE Swim 1700	Day 19 Rest Day	Day 20 BASE Bike 60	Day 21 BASE Run 30 Piyo Drench
Day 22 PiYo Define: Upper BASE Swim 1500	Day 23 PiYo Core BASE Bike 45	Day 24 BASE Run 40 PiYo Define: Upper	Day 25 PiYo Sculpt BASE Swim 1500	Day 26 Rest Day	Day 27 BASE Bike 45	Day 28 BASE Run 20 PiYo Sweat



Day 29 BASE Swim 1900 PiYo Define: Upper	Day 30 BASE Bike 60 PiYo Core	Day 31 BASE Run 55 PiYo Define: Lower	Day 32 BASE Swim 1900 PiYo Buns	Day 33 Rest Day	Day 34 BASE Bike 65	Day 35 BASE Run 30 PiYo Sweat
Day 36 PiYo Define: Upper Base Swim 1900	Day 37 BASE Bike 65 PiYo Strength Intervals	Day 38 BASE Run 70 PiYo Define: Lower	Day 39 BASE Swim 2000 PiYo Sculpt	Day 40 Rest Day	Day 41 BASE Bike 80	Day 42 BASE Run 30 PiYo Drench
Day 43 PiYo Define: Upper BASE Swim 2000	Day 44 PiYo Core BASE Bike 65	Day 45 BASE Bike 70 PiYo Define: Lower	Day 46 PiYo Buns BASE Swim 2200	Day 47 Rest Day	Day 48 BASE Bike 90	Day 49 PiYo Sweat BASE Run 30
Day 50 PiYo Define: Upper BASE Swim 1500	Day 51 BASE Bike 60 PiYo Strength Intervals	Day 52 BASE Run 50 PiYo Define: Lower	Day 53 BASE Swim 1700 PiYo Sculpt	Day 54 Rest Day	Day 55 BASE Bike 60	Day 56 BASE Run 30 PiYo Sweat



Day 57 BASE Swim 2100 Base Run Tempo 40	Day 58 BASE Bike PI 70 PiYo Core	Day 59 PiYo Define: Lower BASE Run 70	Day 60 BASE Swim 1900 PiYo Buns	Day 61 Rest Day	Day 62 BASE Brick 75/20	Day 63 BASE Run 25 PiYo Sweat
Day 64 BASE Swim 2200 Base Run SI 50	Day 65 BASE Bike Threshold 70 PiYo Strength Intervals	Day 66 BASE Run 75 PiYo Define: Lower	Day 67 BASE Swim 2000	Day 68 Rest Day	Day 69 BASE Bike 100	Day 70 BASE Run 30 PiYo Drench
Day 71 BASE Swim 2300 BASE Run Tempo 40	Day 72 BASE Bike PI 70 PiYo Core	Day 73 BASE Run 80 PiYo Define: Lower	Day 74 PiYo Buns BASE Swim 2000	Day 75 Rest Day	Day 76 BASE Brick 75/30	Day 77 BASE Run 30 PiYo Sweat
Day 78 BASE Swim 1900 BASE Run SI 35	Day 79 BASE Bike Threshold 55 PiYo Strength Intervals	Day 80 BASE Run 60 PiYo Define: Lower	Day 81 BASE Swim 2000	Day 82 Rest Day	Day 83 BASE Bike 110	Day 84 Base Run 25 PiYo Drench



Day 85 BASE Swim 2200 BASE Run SI 50	Day 86 BASE Bike PI 60	Day 87 BASE Run 75 PiYo Define: Lower	Day 88 BASE Swim 2500	Day 89 Rest Day	Day 90 BASE Brick 90/20	Day 91 BASE Run 30 PiYo Core
Day 92 BASE Swim 2300 BASE Run Tempo 40	Day 93 BASE Bike Threshold 70	Day 94 BASE Run 80 PiYo Define: Lower	Day 95 BASE Swim 2100	Day 96 Rest Day	Day 97 BASE Bike 130	Day 98 BASE Run 30 PiYo Sculpt
Day 99 BASE Swim 2400 BASE Run SI 50	Day 100 BASE Bike PI 70	Day 101 BASE Run 90 PiYo Define: Lower	Day 102 BASE Swim 2200	Day 103 Rest Day	Day 104 BASE Brick 90/45	Day 105 BASE Run 30 PiYo Core
Day 106 BASE Swim 1800	Day 107 BASE Tempo Run 40	Day 108 BASE Bike 45	Day 109 BASE Swim 1400 PiYo Sculpt	Day 110 BASE Run 30	Day 111 BASE Bike Recovery 20	Day 112 Olympic Race Day