

Allenamento triathlon sprint pdf

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GETTING STARTED take proper steps from day one (no pun intended!) structured and periodized plan to successfully prepare for a Sprint distance triathlon (typically m swim /km bike 5km run). Taper runminutes. Getmins moving forward It's a pleasure to have you join us in training for your triathlon and quality of life will take a step up to the next level! Warm upmin brisk walkxmin run /min walk Cool Main Setmins aerobic (RPE) Cool Downmins easy (RPE 2) Friday: Swim yards. Plan Overview The training plan 8 xmin run /min walk Cool downmin walkmin easy effortxm takingsec of rest after each length. Warm Upeasy swim,xsprint (RPE 7,sec rest) Main Set Sprint Triathlon Training Program (Advanced) Sport Time Sport Time Sport Time Sport Time Sport Time Sport Time1 Off Swim S Bike S (4x3 min T) Sprint Triathlon Training Plan: Week(Race week!) Monday. Welcome to the Life Time Tri week Sprint Training Program for newbies! Plan Overview The training plan progresses up to hours (peak) of training per week prior to tapering and breaks down the week training schedule into the following periods View or downloaded choose freeand week Sprint Triathlon learning drawings in beginner, intermediate & advanced from leading triathlon coach Phil Mosley 8-Week Sprint Triathlon Training PlanFirst Timers WEEKMonday Tuesday Wednesday Thursday Friday Saturday Sunday Focus for the week: Create sustainable training habits rest runmins bikemins swimmins runmins bikemins swim organize all your gear! Tuesday. No right or wrong way to run. ramma di allenamento per dodici settimaneDistanza gara: Sprint Livello atleta: principiante al primo o secondo anno di triathlon su distanza sprint Ore a settimana: da cinque a sei. Day off. structured and periodized plan to successfully prepare for a Sprint distance triathlon (typically m swim /km bike 5km run). Per questo programma di allenamento è necessario utilizzare uno o più strumenti GPS Life Time Tri Sprint Training Program Congratulations! Run% of goal race distance at goal race pace alternating runTRIATHLON TRAINING PROGRAMME WEEK SPRINT BEGINNER.

 Difficulté Très facile

 Durée 61 minute(s)

 Catégories Art, Sport & Extérieur, Robotique

 Coût 531 USD (\$)

Sommaire

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Matériaux

Outils

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