

## Lisa – The Busy Beginner

**Name:** Lisa

**Age:** 38

**Occupation:** Marketing Manager

**Location:** Brisbane, Australia

**Family:** Married with two children (ages 6 and 4)

**Triathlon Goal:** Complete her first Olympic Distance Triathlon (1.5k swim, 40k bike, 10k run)

**Timeline:** 16-week training plan

**Experience:** Recreational runner in her 20s, beginner in swimming and cycling, returning to fitness after 8 years of inconsistent exercise.

**Constraints:** Can train 5–6 hours per week. Prefers early morning and lunchtime sessions. Prioritizes injury prevention, confidence, and consistency.

### Lisa’s Plan: Week 1 (Introductory Phase)

**Goal:** Establish consistency, activate muscles, introduce core triathlon structure

Day	Session	Description
<b>Mon</b>	REST	Intentional rest day to begin the week with energy. Focus on sleep and hydration.
<b>Tue</b>	Swim (Technique Focus)	<b>1,200m total.</b> Warm-up: 200m easy. Drills: 4x50m (sculling, catch-up, fingertip drag). Main: 4x100m easy w/ 20s rest. Cool down: 100m backstroke. <b>Coach Note:</b> Lisa is re-learning swim mechanics. Drills improve body position, breathing, and feel for the water. Short intervals reduce mental fatigue.
<b>Wed</b>	Run (Walk-Run Intervals)	<b>30 minutes total.</b> 5-min walk warm-up, then 4x (3-min jog @ RPE 5 + 2-min walk), 5-min cool down walk. <b>Coach Note:</b> Low-impact return to running. Protects joints and builds aerobic capacity while reinforcing good form.
<b>Thu</b>	Bike (Low-Intensity Endurance)	<b>45 minutes.</b> Flat route or indoor trainer. RPE 4–5, cadence 85–90. Include 3x1-

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Day	Session	Description
		min single-leg drill (each leg). <b>Coach Note:</b> Focus on spinning smoothly and developing cycling-specific leg endurance. Single-leg drills develop neuromuscular control.
<b>Fri</b>	Optional Mobility/Yoga	<b>20–30 minutes.</b> Stretching hips, hamstrings, back. Can be skipped if tired. <b>Coach Note:</b> Gives Lisa autonomy and a recovery buffer.
<b>Sat</b>	Brick: Bike + Run	<b>30-min ride (RPE 5) + 10-min jog (RPE 5).</b> <b>Coach Note:</b> Early introduction to bricks builds transition comfort. Low stress to focus on how legs feel off the bike.
<b>Sun</b>	Swim (Endurance)	<b>1,000m.</b> 4x200m steady effort + 200m cooldown. <b>Coach Note:</b> Reinforces pacing, breathing rhythm, and aerobic swim fitness.

**Total Training Time: ~5 hrs**

### Coach Logic (Week 1)

- Swim technique is prioritized early when fatigue is lowest.
- Walk/run helps Lisa build confidence and aerobic base without overloading joints.
- Optional mobility sessions respect time constraints and fatigue.
- Brick training begins gently to normalize multisport transitions.
- Total time is kept below 6 hours to ensure early success and reduce risk of burnout.

### Lisa's Plan: Week 7 (Progressive Load)

**Goal:** Increase training density, build endurance, introduce tempo pacing

Day	Session	Description
<b>Mon</b>	REST	Active recovery: gentle walk + stretching.
<b>Tue</b>	Swim (Threshold Technique)	<b>1,600m.</b> Warm-up: 300m. Drills: 4x50m catch-up + 4x25m fast. Main: 4x100m @

Day	Session	Description
		RPE 7, 20s rest. Cool down: 200m. <b>Coach Note:</b> Integrates technique with threshold work. Lisa builds speed awareness without sacrificing form.
<b>Wed</b>	Run (Tempo Intervals)	<b>40 minutes.</b> Warm-up: 10 min easy. 3x5-min @ RPE 7 w/ 2-min walk/jog. Cool down: 5 min. <b>Coach Note:</b> Introduces tempo pace in short, controlled doses. Encourages mental focus and pacing skill.
<b>Thu</b>	Bike (Endurance Intervals)	<b>60 minutes.</b> 15-min warm-up, then 3x8-min @ RPE 6–7 w/ 3-min recovery. Cadence drills included. <b>Coach Note:</b> Teaches sustainable output and builds muscular endurance without maxing fatigue.
<b>Fri</b>	Strength (Bodyweight Circuit)	<b>30 minutes.</b> 3 rounds: glute bridges, side planks, wall sits, bird dogs, calf raises. <b>Coach Note:</b> Targets weak links (glutes, hips, core) to prevent injury. Time-efficient, no equipment needed.
<b>Sat</b>	Brick (Race Pace Practice)	<b>45-min bike (last 15 @ race pace) + 20-min run (RPE 6).</b> <b>Coach Note:</b> Builds pacing confidence and simulates race-day intensity without full distance load.
<b>Sun</b>	Swim (Aerobic Maintenance)	<b>1,500m.</b> 3x400m steady, 100m easy, 200m pull. <b>Coach Note:</b> Encourages aerobic consolidation and feel for the water.

**Total Training Time: ~5.5 hrs**

### Coach Logic (Week 7)

- Sessions now include structured intervals to build intensity tolerance.
- Brick sessions extend to reflect upcoming race demands.
- Strength introduced to address stability and postural fatigue.
- Load increases by ~10% from Week 1, keeping recovery aligned.
- Training stress is distributed to allow recovery windows mid-week.