



TrisportsTraining.com
by Personal Strength & Training, Inc.

name _____ todays date _____

address: _____

phone (day)-_____ (evening)-_____ date of birth _____

occupation _____

personal information

please fill in the following:

resting heart rate _____ age _____ height _____ weight _____ blood pressure _____

swimming:

time for 1000m/yards _____ average heart rate _____

comments _____

biking:

time for 10 mile time trial _____ average heart rate _____

comments _____

running:

time for 5km run _____ average heart rate _____

comments _____



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personal profile

Questions to ask yourself:

- how much time do you have to invest in training? per week? per year?
- in which areas of multisport performance are you the weakest?
- in which areas are you the strongest?
- how much intensity should you swim, bike, run?
- are you making progress toward your fitness goals?

Knowing the answers to these questions will make training a simple process of devoting the appropriate amount of time and intensity to swimming, biking, and running. Adhering to a specific training program will help you to avoid injuries and burnout. Write down your responses

triathlon assessment

Score each of the following racing abilities on a scale of 1 to 5 using the guidelines provided.

Circle the selection that best describes you in relation to your competition.

1 = in the lower quarter in my race category or in my abilities

3 = same as others

5 = among the best

<u>Abilities/techniques</u>	<u>swim</u>	<u>bike</u>	<u>run</u>
endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
force/strength	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
speed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
muscle endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
anaerobic endurance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
power	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
technique	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
injuries	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
flexibility	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
mental skills	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5



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annual training plan

your annual training schedule and program is based upon the following:

1) your season goals

- your goal must be measurable
- your goal must be under your control not based upon others
- your goal should challenge you
- your goal should be positive

2) your supporting objectives

know your limiters (key race-specific weakness that hold you back from success)

3) available annual training hours

include swimming, cycling, running, weights and cross-training.

How many hours can you realistically train with your work and life responsibilities

suggested annual training hours

<u>race distance</u>	<u>annual hours</u>
ironman	600-1200
half ironman	500-700
international	400-600
sprint	300-500

4) priority of races

- A-Priority Races: pick 3-4 races that are the most important to you. The most important one should be in the second half of the year.
- B-Priority Races: important races that you want to do well at, but they're not as critical at the A-priority races.
- C-Priority Races: done for experience, as hard workouts, as tests of progress, for fun or for tune-ups for A races.

Write down your responses
