

Whitewater Triathlon

Triathlon Bike/Run Speed Workout and Race Prep

This is a great workout to do once per week in the last 3 weeks leading up to a Triathlon. First cut the distance of the Bike and Run in half. You will complete this distance of Bike/Run at a faster pace of :30-:45 (bike) and :15-:30 (run) seconds per mile faster than your race pace. It is only half the distance for each, so you should be able to pick up the pace for this workout. If your pace isn't as fast as you would like, don't worry. Just make sure you are really pushing it harder than you would for a longer distance workout.

Remember to complete your longer distance Bike/Run Combo Workouts as well leading up to your race. This workout will keep you fast and help make your race pace feel easier, because you have trained shorter distances at a fast pace.

