

Advanced Custom Training Plans for HFP Participants

BeginnerTriathlete.com and HFP Racing are proud to partner to bring you access to the premier custom training plan creator available without a coach.

You've probably heard of BeginnerTriathlete. We've been around this sport a LONG time. We're not beginners anymore, and some of you aren't either. But that doesn't mean you don't deserve a training plan that accounts for your individual paces at each sport, and lets you schedule your training on the days of the week that work for you. It's hard enough to maintain integrity with a training plan and put in all the workouts. If you're trading them out in your head or drawing arrows from one to the other, it's even easier to make excuses to miss them.

What if you could have a training plan with specific workouts for each day, calculated down to the minute for your experience and pace?

What if they automatically flowed into your online calendar for you, so you could see the interval sets from your phone or watch?

What if you could have your long rides on Wednesday if you want? Or your swim and strength the same day, since you're already at the gym?

Enough games, we know you want these things.

But what if you could have them for free, just for registering for an HFP Race in 2022?

We are teaming up to offer a free trial of our Gold Membership, which unlocks the full featured Custom Training Plan, to all HFP registrants this year!

HFP Racing wants all of its participants to have the resources they need to be confident and ready at the starting line of their events this year. BeginnerTriathlete wants to support local race companies who care about their athletes.

We've come together to offer this amazing trial. (There's no obligation to renew, although of course we hope you'll love the plan and join our Gold Membership at the end of the trial to maintain access to your plan and logs.)

Here's a peek at what the Custom Training Plan Creator looks like from the inside, while you are entering your information.

If you like what you see, use the free coupon code you'll receive with your registration and give it a try!

STEP ONE: Enter your race date and race distance, we well as the rhythm of your recovery weeks.

CUSTOM Training Plan Creator

1 Plan setup

2 User data

3 Plan difficulty

4 Create schedule

What sport are you training for?

Triathlon

When will this training plan start?

Start on a Monday to match the "Week Starts" day in your training log settings.

05-16-2022

When is the race?

With these dates this training plan will be 16 weeks in duration.

09-05-2022

Race or Maintenance?

Race

What distance is it?

If it's an odd distance, choose the closest one and fine tune it

Olympic

Swim

Bike

1500

25

Yards

Miles

Run

6.2

Miles

Choose recovery week

Many older athletes benefit from more frequent recovery weeks

- Increase volume for 3 weeks, then recover during the 4th.
- Increase volume for 2 weeks, then recover during the 3rd.

STEP TWO: Enter your pace and experience level

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▶ Your race paces estimate

Don't worry if you're not sure, just use the defaults.

Swim (Minutes per 100 yards)

2 : 00

Bike (miles/Hr)

17

Run (Minutes/miles)

9 : 30

▶ Which best describes you

- BEGINNER: This is my first year training at this distance OR it has been over six months since I have trained to this distance.
- INTERMEDIATE: I have done this distance before within the last year, am in the middle to the back of the pack and I am currently training.
- ADVANCED: I consider myself to be in the the first third of the pack (FOP), have done this distance repeatedly in the past or in the last year and can handle higher training volumes. There has been no recent lapse in my training.

STEP THREE: Choose how many workouts of each sport you would like, with guidance from the grid.

- 1 Plan setup
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- 5 View plan

Workouts Per Week

Swim

Bike

Run

OR choose your weekly number of workouts from our templates below

# of workouts	Total	Swim	Bike	Run	Overweight	Beginner	Improve	Excel	Maintain	Time limited	Limiter/focus
2x - Balanced	6	2	2	2		✓			✓	✓	
2x - Swim Focus	7	3	2	2		✓			✓	✓	
2x - Bike Focus	7	2	3	2		✓			✓	✓	
2x - Run Focus	7	2	2	3		✓			✓	✓	
2x - Swim/Bike Focus	8	3	3	2		✓			✓		
2x - Swim/Run Focus	8	3	2	3		✓			✓		
2x - Bike/Run Focus	8	2	3	3		✓			✓		
3x - Balanced	9	3	3	3			✓				
3x - Swim Focus	10	4	3	3			✓				
3x - Bike Focus	10	3	4	3			✓				
3x - Run Focus	10	3	3	4			✓				

STEP FOUR: Drag each workout to the day of the week that works with your schedule. (This feature is AWESOME!)

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▶ **How to Schedule Your Workouts**

Creating a Safe, Workable Training Plan - EXAMPLES →
 Scheduling two or more workouts in one day →

▶ **Create your weekly schedule**

Drag each workout to the day on which you want it to occur.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Medium	 Short	 Long	 Medium		 Long	 Long
	 Medium		 Short			

STEP FIVE: Wait a few seconds. Then your plan will be generated and you can import it into your Planned Training Calendar at BeginnerTriathlete, which you can sync with your Outlook or Google calendar, use on the website, or print.

CUSTOM Training Plan Creator

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Your Custom Plan is being created.

