

PEHR 1067

Intro Triathlon Training

August 19th-Dec 6th

Instructor: Wilkins, Luke	Office: ORAC
Email: odr@dixie.edu	Office Hours: 9-5 pm
Class Room: Eccles Fitness Center (Pool)	Office Phone: 652-7986

Credit Hours: 1
Lecture Section: 01B
Required Book: None
Days/Time: M-W, 11am-11:50am

Course Description:

This course offers the opportunity to discover one of America's fastest growing sports in America, and will help students develop skills and interests that will bring a lifetime of enjoyment and health promotion. Intro to Triathlon Training is designed to introduce safe and fitness oriented swimming, bicycling, and running as lifetime sports as a means of acquiring cardio respiratory endurance, muscle strength, and proper weight and body maintenance.

Basic Triathlon Training is designed for all Dixie students who wish to gain a full understanding of multisport events, and how to properly train for and compete in a beginner's triathlon. A triathlon is a race that features swimming, cycling, and running.

Rational:

According to USA Triathlon, the governing body for multisport in the U.S., the sport of triathlon has seen a tremendous amount of growth over the past five years especially within the college and university community, resulting in a steady increase in the number of participants and schools at this level. This growth is expected to continue and has demanded the development of new programs supporting the growth of the college-aged triathlon community.

Pre-requisite's:

Before enrolling in this class, students should be able to:

1. Swim at least 100 yards without stopping to rest, and
2. Ride a bike on public roads for at least 3 miles without stopping to rest, and
3. Run at least .5 mile without stopping to rest.

* Each student must provide their own bike (hybrid, mountain, road, or time trial) and cycling helmet in good working condition. The University has a limited number of rental bikes and is on a first come, first served basis. Students must also provide their own swim goggles, swimsuit, running shoes, and appropriate athletic clothing.

Student Objectives:

At the conclusion of this course the student will be able to:

1. Ride a bike, swim, and run consistently and frequently (three to five days a week) for health improvement.
2. Practice proper and safe swimming, cycling, and running techniques.
3. Increase cardio respiratory endurance by training longer and faster.
4. Increase speed and workout distances by setting goals.
5. Understand how to improve body composition by decreasing body fat and increasing muscle mass.
6. Gain an understanding of multisport and racing formats, including various triathlon race distances.
7. Enjoy a sense of well-being by reducing stress and improving fitness.

Instructional Methods:

Bicycle rides and runs on public roads in the vicinity of Dixie College and around St. George will be a primary instructional setting. Swimming instruction and lap swimming will be conducted in the lap pool at the Eccles Fitness Center. Demonstrations and class discussions will be conducted during class rides, runs, and swims.

Whenever inclement weather or limited daylight hours pose a risk, the class will be conducted indoors. Indoor cycling classes will use the stationary bikes at the Eccles Fitness Center; running workouts will use treadmills also located in the Fitness Center.

Attendance:

Roll will be called 5min after the hour during each class period. 3 Tardies will be considered 1 absence. Every 2 classes missed 1 letter grade will be dropped.

* Don't miss more than three days!

Extra Credit:

A maximum of five days can be made up throughout the semester.

Exams:

There will be two practical exams. All exams will be worth 100 points.

Grading:

Attendance	100 points	100 points
Practical Exams	2@100 points	200 points
Total		300 points

(* These totals are subject to change)

FCS/PEHR Grading Scale:

A	95 - 100%	A-	91 - 94%	B+	88-90%
B	84 - 97%	B-	81 - 83%	C+	78-80%
C	74 - 77%	C-	71 - 73%	D+	68-70%
D	64 - 67%	D-	61 - 63%		
F	60% or lower				

Department Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate and understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

** In compliance with Dixie State College policy, **only students registered for the course may participate**. Please do not ask to bring an unregistered friend or spouse on any of the class activities. No exceptions will be made. Firearms, fireworks, pets, electronic devices (e.g., radios, CD players) are also prohibited.

Required Equipment

1. Bike
2. Helmet
3. Water bottle/Hydration Pack
4. Patch kit, tire iron, tube
5. Swim shorts
6. Swim goggles (Can be purchased from the Fitness Center)
7. Running shoes
8. Appropriate athletic attire

Optional Equipment

1. Riding Gloves
2. Sunglasses
3. Cycling shorts
4. Bike tool kit, multi tool

CLASS SCHEDULE

August

19th & 21st Introduction
26th & 28th Introduction to Training

September

2nd & 4th Labor Day / Introduction to Training
9th & 11th Triathlon Training
16th & 18th Triathlon Training
23rd & 25th Triathlon Training
30th

October

2nd Triathlon Training
7^h & 9th Triathlon Training
14th & 16st Triathlon Training Trick or Tri, 19th
21st & 23rd Triathlon Training
28th & 30th Triathlon Training

November

4^h & 6th SHAC Beginner Sprint (November 10th)
11th & 13th Triathlon Training
18th & 20th Triathlon Training
25th & 27th Triathlon Training/ Thanksgiving Break

December

2nd & 4th Triathlon Training / Last Day of Class
13th 10am – 12pm FINAL EXAM (comprehensive)

Student Support Services

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing: <http://dsc.edu/tutoring/index.htm>

The Writing Center in the Browning Learning Center, Room 105

Online Writing Lab at <http://dsc.dixie.edu/owl>

Help from a librarian:

<http://library.dixie.edu/> or visit the Val A. Browning Library in person during regular hours.

The Testing Center's hours of operation are posted online at

<http://dsc.dixie.edu/testingcenter/officehours.htm>

Policies and Statements

Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Academic Integrity:

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. **Don't Cheat!**

COLLEGE WITHDRAWAL POLICY if you must withdraw from this class, for any reason, it is **“Your Responsibility”** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of (Sept. 30th) for complete withdrawal. If you fail to do this, **You Will** still receive a grade in this class, **regardless of whether you attended or not.**

12 Week Triathlon Program:

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Cool-down 200 yd. (total 500 yd.)	20 min. Recovery int.	20 min. Moderate int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Cool-down 200 yd. (total 500 yd.)	20 min. Recovery int.	20 min. Moderate int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 700 yd.)	30 min. Recovery int.	20 min. moderate int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 700 yd.)	30 min. recovery int. + 10 min. run mod. int.	20 min. Moderate int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 6x25 yd. (10 sec rest/25) Main 3x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 850 yd.)	30 min. moderate int.	20 min. moderate int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 3x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 850 yd.)	30 min. moderate int.	20 min. Moderate int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 700 yd.)	45 min. moderate int.	20 min. recovery int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x200 yd. Thresh. int. (45sec. rest/200) Cool-down 200 yd. (total 900 yd.)	30 min. recovery int. + 10 min. run mod. int.	20 min. Moderate int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 5x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1000 yd.)	Warm-up 4x1 min. hill climb 2 min. recovery (VO2Max) Cool-down (45 min total)	25 min. Mod. int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x200 yd. Thresh. int. (30sec. rest/200) Cool-down 200 yd. (total 900 yd.)	30 min. Mod. int.	25 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 6x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1000 yd.)	Warm-up 5x1 min. hill climb 2 min. recovery (VO2Max) Cool-down (45 min total)	25 min. Mod. int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 2x200 yd. Thresh. int. (20sec. rest/200) Cool-down 200 yd. (total 900 yd.)	45 min. Mod. int. + 10 min. run mod. int.	30 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 7x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1200 yd.)	Warm-up 5x1 min. hill climb 2 min. recovery (VO ₂ Max) Cool-down (45 min total)	30 min. Mod. int.	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 3x200 yd. Thresh. int. (45sec. rest/200) Cool-down 200 yd. (total 1100 yd.)	45 min. Mod. int.	30 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO₂Max =highest

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 5x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1000 yd.)	Warm-up 2x10 min. Thresh. int. 10min recovery/10min. Cool-down (45 min total)	Warm-up 10 min. Thresh. int. Cool-down (30 min total)	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 4x75 yd. VO ₂ Max int. (45sec. rest/75) Cool-down 200 yd. (total 800 yd.)	30 min. Mod. int. + 10 min. run mod. int.	25min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO₂Max =highest

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train		Strength Train	
Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 6x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1200 yd.)	Warm-up 20 min. Thresh. int. Cool-down (50 min total)	Warm-up 10 min. Thresh. int. Cool-down (30 min total)	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 5x75 yd. VO2Max int. (45sec. rest/75) Cool-down 200 yd. (total 875 yd.)	60 min. Mod. int.	30 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 6x25 yd. (10 sec rest/25) Main 7x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1300 yd.)	Warm-up 22 min. Thresh. int. Cool-down (55 min total)	Warm-up 12 min. Thresh. int. Cool-down (32 min total)	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 5x75 yd. VO2Max int. (45sec. rest/75) Cool-down 200 yd. (total 875 yd.)	30 min. Mod. int. + 10 min. run mod. int.	35 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 6x25 yd. (10 sec rest/25) Main 9x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1400 yd.)	Warm-up 2x12min. Thresh. int. 10min recovery/12min Cool-down (60 min total)	Warm-up 14 min. Thresh. int. Cool-down (34 min total)	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 5x75 yd. VO2Max int. (45sec. rest/75) Cool-down 200 yd. (total 875 yd.)	60 min. Mod. int.	40 min. Mod. int.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	Bike	Run	Swim	Bike	Run
Strength Train		Strength Train			
Warm-up 200 yd. Drill 6x25 yd. (10 sec rest/25) Main 8x100 yd. mod. int. (5sec. rest/100) Cool-down 200 yd. (total 1300 yd.)	Warm-up 2x10min. Thresh. int. 10min recovery/10min Cool-down (45 min total)	Warm-up 10 min. Thresh. int. Cool-down (30 min total)	Warm-up 200 yd. Drill 4x25 yd. (10 sec rest/25) Main 4x75 yd. VO2Max int. (45sec. rest/75) Cool-down 200 yd. (total 800 yd.)	20 min. Recovery int.	Sprint Tri.

Yd. =yards, int. =intensity, Rest =stop, Recovery =keep going slower, Thresh =threshold VO2Max =highest

Intensity	Rating of Perceived Effort (1-10)	Feels Like	Pace/Speed Guidelines
Recovery	4-5	Very easy, but still counts as "exercise"	10% slower than moderate aerobic pace
Moderate Aerobic	6-7	Comfortable but not easy	10% slower than high aerobic pace
High Aerobic	7-8	Still comfortable but requires effort	5% slower than threshold pace
Threshold	8-8.5	Fastest pace you can hold without straining	Beginners: fastest pace you can hold for 20:00 High Fitness: fastest pace you can hold for 60:00
Vo2 Max	9	Very hard but controlled	Fastest pace you can hold for 6-8:00
Speed	10	Relaxed sprint	Fastest pace you can hold for 1:00-1:30