

PEHR 1067

Intro Triathlon Training

January 7th-April 24th

Instructor: Wilkins, Luke

Email: odr@dixie.edu

Class Room: Eccles Fitness Center (Pool)

Office: ORAC

Office Hours: 9-5 pm

Office Phone: 652-7986

Credit Hours: 1
Lecture Section: 01
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 College 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, road 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 25 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 1 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 College has a limited number of rental bikes (**\$80 for the semester**) 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. At least one open water swim will be conducted in a nearby lake.

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.

Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

Attendance:

Role will be called on the hour during each class period. 3 Tardies will be considered 1 absence. Every 3 classes missed 1 letter grade will be dropped.

* Don't miss more than three days!

Exams:

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

Extra Credit:

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

Grading:

Attendance	300 points	100 points
Practical Exams	2@100 points	200 points
Total		500 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, MP3 players) are also prohibited.

Required Equipment

1. Bike
2. Helmet
3. Water bottle/Hydration Pack
4. Patch kit, tire iron, tube
5. Swim shorts/suit
6. Swim goggles (can be purchased from me)
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

January

7 th & 9 th	Introduction
14 th & 16 th	Introduction to Training
21 st & 23 rd	Introduction to Training
28 th & 30 th	Introduction to Training

February

4 th & 6 th	Triathlon Training (Road Rage Duathlon, 9th)
11 th & 13 th	Triathlon Training
18 th & 20 th	Triathlon Training
25 th & 27 th	Triathlon Training

March

4 th & 6 th	Triathlon Training
11 th - 13 th	Spring Break
18 th & 20 th	Triathlon Training
21 st & 25 th	Triathlon Training
25 th & 27 th	Triathlon Training

April

1 st & 3 rd	Triathlon Training (SHAC Triathlon, 6th)
8 th & 10 th	Triathlon Training
15 th & 17 th	Triathlon Training
16 th & 18 th	Triathlon Training
22 nd & 24 th	Triathlon Training (Last Day of Class)

FINAL EXAM (comprehensive)

[SHAC Triathlon Web-Link](http://www.sgcity.org/recreation/adultsports/shactri.php)

<http://www.sgcity.org/recreation/adultsports/shactri.php>

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>

Proper documentation of a disability is required in order to receive services or accommodation. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center on within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

"If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your Professor(s) from the Disability Resource Center within the first two weeks of the beginning of classes. Students are to contact the Center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability. You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973."

Rebelmail:

Important class and college information will be sent to your Rebelmail email account. This information includes you DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Rebelmail email account. If you don't know your name and password, go to www.dixie.edu and select "Rebelmail" for complete instructions. You will be held responsible for information sent to your Rebelmail email, so please check it often.

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 (VO2Max) 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. Thres. 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.)	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. Thres. 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. Thres. 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. Thres. 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. Thres. 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