

Triathlon Training Protocol

Resistance level 1-2 Quads	Active Recovery Quads Resistance Level 1 Shoulder	Active Recovery Quads and Shoulder	Resistance level 1-2 Quads	Active Recovery Quads Resistance Level 1 Shoulder	Resistance level 1-2 Quads	Rest
-------------------------------	---	---------------------------------------	-------------------------------	---	-------------------------------	------

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***	1. Strength Active Recovery**	2.	1. Endurance 2. Active Recovery**		1. Endurance 2. Active Recovery**		1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***
Quads, Gluteus, Hamstrings, Gastroc		***Abdominals and Low Back		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads/Shoulder ***Abdominals and Low Back	
1-2		1		1-2		1-2		1-2		1-2		1	
25-30 (minimum)		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session			

1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***	1. Strength Active Recovery**	2.	1. Endurance 2. Active Recovery**		1. Endurance 2. Active Recovery**		1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***
Quads, Gluteus, Hamstrings, Gastroc		***Abdominals and Low Back		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads/Shoulder ***Abdominals and Low Back	
2 to 3		2 to 3		2 to 3		2 to 3		2 to 3		2 to 3			
30-35 (minimum)		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session			

1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***	1. Strength Active Recovery**	2.	1. Endurance 2. Active Recovery**		1. Endurance 2. Active Recovery**		1. Strength Active Recovery**	2.	1. Active Recovery**	2. Resistance***
Quads, Gluteus, Hamstrings, Gastroc		***Abdominals and Low Back		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads, Gluteus, Hamstrings, Gastroc		Shoulder - Upper traps, biceps, triceps		Quads/Shoulder ***Abdominals and Low Back	
3 to 4		3 to 4		3 to 4		3 to 4		3 to 4		3 to 4			
40-75 (minimum)		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session		Increase 1 to 5 miliamps from previous session			

Implement your normal strength training and cardiovascular conditioning. Protocols are to be used as a guideline.
 Add daily in addition to one of the strength programs, but not mandatory- use an intensity level sufficient to obtain muscular twitches.
 Time using the Resistance program
 Strong levels of stimulation to work the maximum number of muscle fibers.
 Maintain an intensity level between 40 and 75 miliamps
 to the next training level.