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!

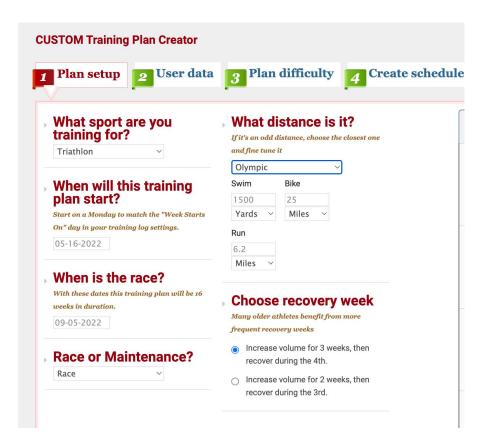
HFP Racing wants all of its participants to have the resources they need to be confident and ready at the starting line of their events this year. BeginnerTriathlete wants to support local race companies who care about their athletes.

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.



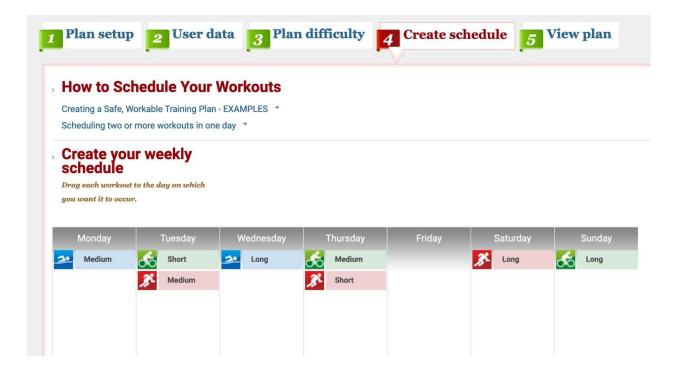
STEP TWO: Enter your pace and experience level

Your race paces	Which best describes
estimate	you
on't worry if you're not sure, just use the	 BEGINNER: This is my first year
faults.	training at this distance OR it has been
wim (Minutes per 100 yards)	over six months since I have trained to
: 00	this distance.
2 : 00	 INTERMEDIATE: I have done this
Bike (miles/Hr)	distance before within the last year,
17	am in the middle to the back of the
Run (Minutes/miles)	pack and I am currently training.
. 30	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.

Workouts Per Week	 OR choose your weekly number of workouts from our templates below 											
Swim	# of workouts	Total	Swim	Bike	Run	Overweight	Beginner	Improve	Excel	Maintain	Time limited	Limiter/ focus
Bike	2x - Balanced	6	2	2	2		~			~	~	
3 •	2x - Swim Focus	7	3	2	2		~			~	~	
Run 3 T	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!)



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.

