

Try-a-Tri/Sprint Triathlon Training Program - Milton - June 1, Welland - June 14, Guelph One - June 22, 2014

(This program uses the graduated 5km training program for new runners)

Week of	Saturday 8:00am Brick (Bike & Run)	Sunday REST	Monday 8:00pm Short Bike/ Short Swim	Tuesday	Wednesday Optional Weight Training	Thursday 8:00pm Long Run/ Long Swim	Friday REST	Notes
March								
1 March 1	Run (alt 60 sec jog/90 sec walk for 20 min)	Off	Run (alt 60 sec jog/90 sec walk for 20 min) 14 min Swim	Off	WT	Run (alt 60 sec jog/90 sec walk for 20 min) 22 min Swim	Off	
2 March 8	Run (alt 90 sec jog/2 min walk for 20 min)	Off	Run (alt 90 sec jog/2 min walk for 20 min) 14 min Swim	Off	WT	Run (alt 90 sec jog/2 min walk for 20 min) 24 min Swim	Off	
3 Mar. 15	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2)	Off	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2) 14 min Swim	Off	WT	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2) 14 min Swim	Off	
4 Mar. 22	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min)	Off	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min) 16 min Swim	Off	WT	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min) 24 min Swim	Off	
5 Mar. 29	Run (run 5/walk 3/ run 5/walk 3 run 5)	Off	Run (Run 8/wk5/run 8) 16 min Swim	Off	WT	Run (20 continuous minutes) 26 min Swim	Off	
April								
6 Apr. 5	30 min Bike/ Run (run 5/walk 3/run 8/walk 3/run 5)	Off	30 min Bike/18 min Swim	Off	WT	Run (run 10/walk 3/ run 10)/29 min Swim	Off	
7 Apr. 12	35 min Bike/ Run (25 continuous minutes)	Off	30 min Bike/18 min Swim	Off	WT	Run (25 continuous minutes)/17 min Swim	Off	
8 Apr. 19	40 min Bike/ Run (28 continuous minutes)	Off	35 min Bike/18 min Swim	Off	WT	Run (28 continuous minutes)/29 min Swim	Off	
9 Apr. 26	45 min Bike/Run (30 continuous minutes)	Off	35 min Bike/20 min Swim	Off	WT	Run (30 continuous minutes)/32 min Swim	Off	
May								
10 May 3	50 min Bike/32 min Run	Off	40 min Bike/22 min Swim	Off	WT	34 min Run/35 min Swim	Off	
11 May 10	60 min Bike/36 min Run	Off	45 min Bike/24 min Swim	Off	WT	38 Run/30 min Swim	Off	

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12 May 17	70 min Bike/35 min Run	Off	35 (50) min Bike/20 (26) min Swim	Off	WT	42 min Run/30 (37) min Swim	Off	
13 May 24	80 min Bike/35 min Run (Open water swims start 8:30 Kelso)	Off	30 min Bike/14 min Swim	Off	WT	45min Run/40 Swim (Milton - 25min run) (Meet 6:15 for open water swim Kelso)	Off	
14 May 31	90 min Bike/35 min Run (Milton - rest)	Milton Race Day	45 min Bike/26 min Swim	Off	WT	48 min Run/40 Swim (Meet 6:15 for open water swim)	Off	
June								
15 June 7	60 min Bike/30 min Run	Off	30 min Bike/14 min Swim	Off	WT	25 Run/ Optional 30 min swim (Meet 6:15 for open water swim)	Off	
16 June 14	Welland Race Day	Off	Rest or easy 5km recovery run	Off	<i>Begin planning for next race!</i>			

If you are doing the Learn to Run 5 or 10km Program, follow your schedule on Saturdays, Tuesdays and Thursdays until April when the biking will begin. At that time, running sessions will only take place on Saturdays and Thursdays.

Milton Race Distances June 1:

Try-A-Tri - Swim 375m, Bike 10km, Run 2.5km
Sprint Triathlon - Swim 750m, Bike 30km, Run 7.5km
Duathlon - Run 2km, Bike 30km, Run 7.5km

Info on open water swims at Kelso:

<http://kelsoopenwaterswimming.blogspot.com/> or email kelsoopenwaterswimming@bell.net

Welland Race Distances June 14:

Give it a Tri 400m swim, 10km bike, 2.5km run
Triathlon 750m swim, 30km bike, 7.5km run
Swim Bike 750m swim 30km bike
Duathlon 5km run, 30km bike, 5.26 km run

Guelph Lake Race Distances June 14:

Chariot Try-A-Tri - Swim 375m, Bike 10km, Run 2.5km
Sprint Triathlon - Swim 750m, Bike 20km, Run 5km
Sprint Duathlon - Run 2km, Bike 20km, Run 5km
Sprint Swim/Bike - Swim 750m, Bike

Guelph Lake Race Distances June 15:

Olympic Triathlon - Swim 1.5km, Bike 40km, Run 10km
Olympic Duathlon - Run 2km, Bike 40km, Run 10km
Olympic Swim/Bike - Swim 1.5km, Bike 40km