

## Sprint Triathlon Training Program - June 2016

(Time in Minutes)

<b>Week</b>	<b>Saturday</b> Bike & Run then Run & Swim	<b>Sunday</b> Opt. Weight Training/Yoga then Long Ride	<b>Monday</b> Optional Extra Short Run	<b>Tuesday</b> Short Bike & Short Swim (GA 9-10)	<b>Wednesday</b> Optional Weight Training/Yoga	<b>Thursday</b> Long Run & Long Swim (GA 9-10)	<b>Friday</b>
1 Mar 19	30 Bike/10 run	WT/Yoga	15 Run	23 Bike/14 Swim	WT/Yoga	25 Run/20 Swim	Off
2 Mar 26	33 Bike/12 Run	WT/Yoga	15 Run	25 Bike/14 Swim	WT/Yoga	28 Run/22 Swim	Off
3 Apr 2	38 Bike/12 Run	WT/Yoga	15 Run	27 Bike/14 Swim	WT/Yoga	30 Run/24 Swim	Off
4 Apr 9	43 Bike/12 Run	WT/Yoga	17 Run	29 Bike/14 Swim	WT/Yoga	25 Run/14 Swim	Off
5 Apr 16	48 Bike/12 Run	WT/Yoga	17 Run	31 Bike/16 Swim	WT/Yoga	32 Run/24 Swim	Off
6 Apr 23	53 Bike/ 12 Run	WT/Yoga	20 Run	33 Bike/16 Swim	WT/Yoga	34 Run/26 Swim	Off
7 Apr 30	58 Bike/14 Run	WT/Yoga	25 Run	35 Bike/18 Swim	WT/Yoga	36 Run/29 Swim	Off
8 May 7	35 Bike/16 Run	WT/Yoga	20 Run	35 Bike/18 Swim	WT/Yoga	25 Run/27 Swim	Off
9 May 14	58 Bike/17 Run	WT/Yoga	28 Run	38 Bike/18 Swim	WT/Yoga	38 Run/29 Swim	Off
10 May 21	19 Run/20 Swim (Open Water at Kelso begins 8:30am)	64 Bike (Long Ride)	30 Run	40 Bike//10 Run (Brick)	WT/Yoga	32 Swim/40 Run (Open Water at Kelso begins 6:30 pm)	Off
11 May 28	21 Run/22 Swim	70 Bike	32 Run	42 Bike/10 Run (Brick)	WT/Yoga	35 Swim /42 Run	Off
12 June 4	23 Run/24 Swim	77 Bike	32 Run	46 Bike/10 run (Brick)	WT/Yoga	23 Swim/45 Run	Off
13 June 11	25 Run/20 Swim	70 Bike	32 Run	37 Bike/10 Run (Brick)	WT/Yoga	21 Swim/42 Run	Off
14 June 18	18 Run/14 Swim	60 Bike	25 Run	28 Bike/10 Run (Brick)	WT/Yoga	25 Run	Off
15 June 25	<b>Race Weekend</b>		Rest	Light Run	Rest	Light Run	Off