

## Sprint Triathlon Training Program - June-September 2017

(Time in Minutes)

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