

Sprint Triathlon Training Program

Welland June 23, 2019

Week of	Saturday (Long Run)	Sunday (Long Bike)	Monday (Long Swim)	Tuesday (Short 1 Bike and Run)	Wednesday Opt. Weight Training	Thursday (Run and Short Swim)	Friday Rest
April							
1 April 6	Run 25	30 min Bike	Swim 20	30 min Bike Run 20	WT	Run 20 Swim 15	Off
2 April 13	Run 28	30 min Bike	Swim 20	30 min Bike Run 20	WT	Run 20 Swim 15	Off
3 April 20	Run 30	35 min Bike	Swim 25	30 min Bike Run 20	WT	Run 25 Swim 18	Off
4 April 27	Run 32	45 min Bike	Swim 25	45 min Bike Run 20	WT	Run 25 Swim 18	Off
May							
5 May 4	Run 34	30 min Bike	Swim 30	45 min Bike Run 25	WT	Run 28 Swim 20	Off
6 May 11	Run 36	50 Bike	Swim 30	45 min Bike Run 25	WT	Run 28 Swim 20	Off
7 May 18	Run 38	60 Bike	Swim 40	45 min Bike Run 25	WT	Run 30 Swim 25	Off
8 May 25	Run 40	45 min Bike	Swim 40	45 min Bike Run 30	WT	Run 30 Swim 25	Off
June							
9 June 1	Run 42	70 min Bike	Swim 45	60 Bike Run 30	Wt	Run 35 Swim 30	Off
10 June 8	Run 45	80 min Bike	Swim 45	60 Bike Run 30	WT	Run 35 min Swim 30	Off
11 June 15	Run 30	45 min Bike	Swim 20	30 min Bike Run 20	WT	Run 25 Opt. 20 min swim	Off
12 June 22	Rest	Race Day!	Rest	Easy run	Rest	Easy Run or ride	Off

Welland Race Distances June 23: Give it a Tri 400m swim, 10km bike, 2.5km run Triathlon 750m swim, 20km bike, 5km run Duathlon 2.5km run, 20km bike, 5 km run