

### Triathlon Training Program

Week 1			
Day	Exercise	Time/Distance	Comments
Monday	Swim	750m	Try and swim the 250metres without stopping. Swim a gentle pace
Tuesday	Cycle	45 minutes	Easy pace. Choose a flat course, use your gears to spin.
Wednesday	Swim	1000m	
Thursday	Run	30 minutes	Take it easy, run at a gentle pace.
Friday		Rest	
Saturday	Run	30 minutes	
Sunday	Cycle	1 hour	
			Week Totals - Swim 500m Cycle 1 hour 45 minutes Run 1 hour
Week 2			
Day	Exercise	Time/Distance	Comments
Monday	Swim	250m	Concentrate on your stroke technique. Count your strokes per lap and try and reduce them as you go.
Tuesday	Cycle	1 hour	Make sure your bike is set up right. Your local bike shop can do this for you.
Wednesday	Swim	400m	
Thursday	Run	30 minutes	Run at a steady pace this week to build up your aerobic fitness
Friday		Rest	
Saturday	Run	40 minutes	
Sunday	Cycle	1 hour 10 mins	
			Week Totals - Swim 650m Cycle 2 hours 10 minutes Run 1 hour 10 minutes
Week 3			
Day	Exercise	Time/Distance	Comments
Monday	Swim	400m	Divide your 400m into 4 x 100m. Swim the first and last easy. Concentrate on strokes per lap, the fewer the better.
Tuesday	Cycle	1 hour	The focus this week is building on distance and endurance, increase Sundays ride to 90 minutes
Wednesday	Swim	400m	
Thursday	Run	30 minutes	Include 4 x 15 second surges during this run. Look to maintain a relaxed form.
Friday		Rest	
Saturday	Run	30 minutes	
Sunday	Cycle	1 hour 30 mins	
			Week Totals - Swim 800m Cycle 2.5 hours Run 1 hour

### Triathlon Training Program

Week 4			
Day	Exercise	Time/Distance	
Monday	Swim	500m	Speed session. Include 4 x 25m sprints with a 60 second break in between.
Tuesday	Cycle	1 hour	
Wednesday	Swim	800m	Warm up 200m. 4 x 100 m hard with 60 second break 4 x 25 m hard - reduce strokes each 25m - 100m cool down
Thursday	Run	30 minutes	Run comfortably this week - concentrate on form.
Friday		Rest	
Saturday	Cycle + Run	70 minutes + 30 minutes	Keep the effort on the run to low intensity so that you get use to the feeling of running after the bike.
Sunday		Rest	
			Week Totals - Swim 1300m Cycle 2 hours 10 minutes Run 1 hour
Week 5			
Day	Exercise	Time/Distance	
Monday	Swim	500m	Steady pace throughout - concentrate on technique
Tuesday	Cycle	1 hour	Keep a steady pace. The objective is to be able to complete the 20km race distance comfortably
Wednesday	Swim	800m	200m warm up followed by 400m at race pace finish with 200m cool down.
Thursday	Run	30 minutes	
Friday		Rest	
Saturday	Swim + Cycle + Run	600m + 60 minutes + 20 minutes	Mock triathlon - take it easy throughout, the idea is to get through the three disciplines and know you're capable of completing the distance.
Sunday		Rest	
			Week Totals - Swim 1800m Cycle 2 hours Run 50 minutes
Week 6 RACE WEEK			
Day	Exercise	Time/Distance	
Monday	Swim	400m	Steady pace throughout - concentrate on technique
Tuesday	Cycle	30 minutes	Easy pace. Choose a flat course, use your gears to spin.
Wednesday	Swim + Run	400m + 15 minutes	Swim and run at a pace that you think you can maintain during the race
Thursday		Rest	
Friday		Rest	
Saturday	Cycle + Run	20 minutes + 5 minutes	Just a "loosen up" session to preapre you for tomorrow.
Sunday		Race	
			Week Totals - Swim 800m Cycle 50 minutes Run 20 minutes