

# Tri for Fun Training Schedule



## **3+ weeks away from Triathlon:**

- Sunday – Go for a bike ride for 15/20 minutes
- Monday – Run steady for 10/15 minutes straight
- Tuesday – Rest, eat healthy and drink lots of water.
- Wednesday - Swim 2/3 laps leisurely
- Thursday- Kick a ball around with friends or family for 30 minutes.
- Friday- Go for a bike ride for 15/20 minutes
- Saturday – Rest, eat healthy, and drink lots of water

## **● 2+ weeks away from Triathlon:**

- Sunday – Go for a walk with your family for 30 minutes
- Monday– Run steady for 10/15 minutes straight
- Tuesday – Stretch
- Wednesday – Ride your bike for 15/20 minutes
- Thursday – Swim 2/3 laps but after the first lap push yourself harder
- Friday – Play some sport with friends
- Saturday – Practice transitioning from the water to putting on your shoes and getting on the bike.

## **● 1+ weeks away from Triathlon:**

- Sunday – Rest, eat healthy and drink lots of water
- Monday – Swim 3/4 laps, first lap warm up, middle laps/s hard, then cool down
- Tuesday - Ride your bike for 15/20 minutes, then jog for 10/15 minutes
- Wednesday – Stretch
- Thursday – Swim for 2/3 laps, then jog for 10/15 minutes
- Friday – Play some sport with friends
- Saturday - Practice getting out of the water into your bike gear, and taking your helmet off to run and get timed.

## **● Triathlon Week:**

- Sunday – Ride your bike for 15/20 minutes, then run for 10/15 minutes
- Monday – Swim for 2/3 laps, then jog for 10/15 minutes
- Tuesday – Stretch
- Wednesday--Ride your bike for 15/20 mins
- Thursday– Run slowly for 10/15 minutes and check your gear for event
- Friday– Rest, eat healthy and drink lots of water
- Saturday – Event day, have fun, and do your best!