

Training Plan -Schedule
Race Goal: Tri Santa Cruz

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---|--|---|--|---|--|--|
| 17-Jun | | | | | | Orientation and Introduction - 1-hour bike ride | Run 1 hour easy |
| 24-Jun | Rest Day | Swim Stroke Analysis Simpkins Swim Center | Run 30 min - race pace per training plan | Swim 800 | Gym - weights/core | Bike 2 hours - your own pace | Dip & Dash Swim - Run Speed Work |
| 1-Jul | Rest Day | Swim - follow training plans | Bike Intervals and Drills | 4th of July - rest day | Run - follow training plan | Follow Training Plan for Bike Distance & Speed | Group Run |
| 8-Jul | Rest Day | Group Run - Track and Intervals | Run 30 min - race pace per training plan | Swim Stroke Analysis Simpkins Swim Center | Run - follow training plan | OWS Bike 1 hour - / Run 10 min | Group Run |
| 15-Jul | Rest Day - Coach is out of town this week - email | Swim - follow training plans | Bike - following training plans | Swim - follow training plans | Gym - weights/core or Rest Day if tired | Group Bike - longer ride 2 - 2.5 Hours | Run 1.5 hours - follow training plan |
| 22-Jul | Rest Day | Group Run - Hill Repeats - Pizza & Beer | Run 20 min - per training plan | Swim - follow training plans | Rest Day | Bike strength Drills/ Gear/ Safety and Tires | Run 40 minutes - follow training plan |
| 29-Jul | Rest Day | Swim - follow training plans | Run 30 min - race pace per training plan | Swim Stroke Analysis Simpkins Swim Center | Gym - weights/core | OWS Bike 1 hour - / Run 10 min | Run 1 hour or Wharf to Wharf (if you got in) |
| 4-Aug | Rest Day | Swim Workout Simpkins Swim Center | Bike 1 hour - Run 30 min | Swim - follow training plans | Gym - weights/core | OWS and Transition Clinic Bike 45 minues - easy | Run 30 -easy |
| 11-Aug | Rest Day - Taper Week | Swim 800 | Run 30 min - per training plan | Swim - follow training plans | Rest Day | Bike 10 - 15 minutes Run 10 - 15 minutes | Race Day |
| 18-Aug | Rest Day | Yoga/Gym/Massage | Run or walk | Yoga/Gym | Celebration Pot Luck on one of these days to share your experience and congratulate yourself! | | |

Combo Workout (Brick) - Try to run immediately after getting off the bike.

OWS = Open Water Swim Sessions will be part of clinics this summer.

Dip & Dash Short Course will be speed work session