

## Sprint Triathlon Training Program

(time in minutes)

<b>Week</b>	<b>Saturday (Bike &amp; Run)</b>	<b>Sunday Opt. Weight Training</b>	<b>Monday Optional Extra Short Run</b>	<b>Tuesday Short Bike &amp; Short swim</b>	<b>Wednesday Optional Weight Training</b>	<b>Thursday Long Run &amp; Long Swim (GA 9-10)</b>	<b>Friday</b>
1	30 Bike/10 run	WT	15 Run	23 Bike 14 Swim	WT	25 Run 20 Swim	Off
2	33 Bike/12 Run	WT	15 Run	25 Bike 14 Swim	WT	28 Run 22 Swim	Off
3	38 Bike/12 Run	WT	15 Run	27 Bike 14 Swim	WT	30 Run 24 Swim	Off
4	43 Bike/12 Run	WT	17 Run	29 Bike 14 Swim	WT	25 Run 14 Swim	Off
5	48 Bike/12 Run	WT	17 Run	31 Bike 16 Swim	WT	32 Run 24 Swim	Off
6	53 Bike/ 12 Run	WT	20 Run	33 Bike 16 Swim	WT	34 Run 26 Swim	Off
7	58 Bike/14 Run	WT	25 Run	35 Bike 18 Swim	WT	36 Run 29 Swim	Off
8	35 Bike/16 Run	WT	20 Run	35 Bike 18 Swim	WT	25 Run 17 Swim	Off
9	58 Bike/17 Run	WT	28 Run	38 Bike 18 Swim	WT	38 Run 29 Swim	Off
10	64 Bike/19 Run	WT	30 Run	40 Bike 20 Swim	WT	40 Run 32 Swim	Off
11	70 Bike/21 Run	WT	32 Run	42 Bike 22 Swim	WT	42 Run 35 Swim	Off
12	77 Bike/23 Run	WT	32 Run	46 Bike 24 Swim	WT	45 Run 23 Swim	Off
13	70 Bike/25 Run	WT	32 Run	37 Bike 20 Swim	WT	42 Run 21 Swim	Off
14	60 Bike/18 Run	WT	25 Run	28 Bike 14 Swim	WT	25 Run	Off
15	<b>RACE DAY</b>						