

Try-a-Tri/Sprint Triathlon Training Program -
Milton, June 3 and Guelph Lake, June 16, 2012

(This program uses the graduated 5km training program for new runners)

Week of	Saturday 8:00am Brick (Bike & Run)	Sunday REST	Monday Optional Weight Training	Tuesday 8:15pm Short Bike/ Short Swim (GA 9-10)	Wednesday Optional Weight Training	Thursday 8:15pm Long Run/ Long Swim (GA 9-10)	Friday REST	Total Time
March								
1 March 3	Run (alt 60 sec jog/90 sec walk for 20 min)	Off	WT	Run (alt 60 sec jog/90 sec walk for 20 min) 14 min Swim	WT	Run (alt 60 sec jog/90 sec walk for 20 min) 22 min Swim	Off	126 minutes
2 March 10	Run (alt 90 sec jog/2 min walk for 20 min)	Off	WT	Run (alt 90 sec jog/2 min walk for 20 min) 14 min Swim	WT	Run (alt 90 sec jog/2 min walk for 20 min) 24 min Swim	Off	128 minutes
3 Mar. 17	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2)	Off	WT	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2) 14 min Swim	WT	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2) 14 min Swim	Off	103 minutes
4 Mar. 24	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min)	Off	WT	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min) 16 min Swim	WT	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min) 24 min Swim	Off	130 minutes
5 Mar. 31	Run (run 5/walk 3/ run 5/walk 3 run 5)	Off	WT	Run (Run 8/walk 5/run 8) 16 min Swim	WT	Run (20 continuous minutes) 26 min Swim	Off	124 minutes
April								
6 Apr. 7	30 min Bike/ Run (run 5/walk 3/run 8/walk 3/run 5)	Off	WT	30 min Bike/18 min Swim	WT	Run (run 10/walk 3/ run 10)/29 min Swim	Off	154 minutes
7 Apr. 14	35 min Bike/ Run (25 continuous minutes)	Off	WT	30 min Bike/18 min Swim	WT	Run (25 continuous minutes)/17 min Swim	Off	152 minutes
8 Apr. 21	40 min Bike/ Run (28 continuous minutes)	Off	WT	35 min Bike/18 min Swim	WT	Run (28 continuous minutes)/29 min Swim	Off	178 minutes
9 Apr. 28	45 min Bike/Run (30 continuous minutes)	Off	WT	35 min Bike/20 min Swim	WT	Run (30 continuous minutes)/32 min Swim	Off	192 minutes
May								
10 May 5	50 min Bike/32 min Run	Off	WT	40 min Bike/22 min Swim	WT	34 min Run/35 min Swim	Off	213 minutes

Try-a-Tri/Sprint Triathlon Training Program -
Milton, June 3 and Guelph Lake, June 16, 2012

11 May 12	60 min Bike/36 min Run	Off	WT	45 min Bike/24 min Swim	WT	38 Run/30 min Swim	Off	233 minutes
12 May 19	70 min Bike/40 min Run	Off	WT	35 (50) min Bike/20 (26) min Swim	WT	42 min Run/30 (37) min Swim	Off	237 (265) minutes
13 May 26	60 min Bike/18 min Run (Open water swims start 8:30 Kelso)	Off	WT	30 min Bike/14 min Swim	WT	25 (45) min Run/(40 Swim if not racing) (Meet 6:15 for open water swim Kelso)	Off	141 (178) minutes
June								
14 June 2	Milton Race Day or 75 min Bike/40 min Run	Off	WT	45 min Bike/26 min Swim	WT	50 min Run/40 min Swim (Meet 6:15 for open water swim)	Off	276 minutes
15 June 9	60 min Bike/29 min Run	Off	WT	30 min Bike/14 min Swim	WT	25 Run (Meet 6:15 for open water swim)	Off	158 minutes
16 June 17	Guelph Race Day			Rest or easy 5km				

- If you are doing the Learn to Run 5 or 10km Program, follow your schedule on Saturdays, Tuesdays and Thursdays until April when the biking will begin. At that time, running sessions will only take place on Saturdays and Thursdays.
- Tuesday and Thursday swims at Glen Abbey Rec Center 9pm. Open water swims begin late May.

Milton Race Distances:

Chariot Try-A-Tri - Swim 375m, Bike 10km, Run 2.5km
 Sprint Triathlon - Swim 750m, Bike 30km, Run 7.5km
 Duathlon - Run 2km, Bike 30km, Run 7.5km

Guelph Lake Race Distances June 17:

Chariot Try-A-Tri - Swim 375m, Bike 10km, Run 2.5km
 Sprint Triathlon - Swim 750m, Bike 20km, Run 5km
 Sprint Duathlon - Run 2km, Bike 20km, Run 5km
 Sprint Swim/Bike - Swim 750m, Bike

Info on open water swims at Kelso:

<http://kelsoopenwaterswimming.blogspot.com/>

Guelph Lake Race Distances June 18:

Olympic Triathlon - Swim 1.5km, Bike 40km, Run 10km
 Olympic Duathlon - Run 2km, Bike 40km, Run 10km
 Olympic Swim/Bike - Swim 1.5km, Bike 40km