

Try-a-Tri/Sprint Triathlon Training Program -
Milton, June 2 and Guelph Lake, June 15 & 16, Welland June 22, 2013

(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	Wednesday Optional Weight Training	Thursday 8:15pm Long Run/ Long Swim	Friday REST	Total Time
March								
1 March 2	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 9	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. 16	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. 23	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. 30	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. 6	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. 13	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. 20	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. 27	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 4	50 min Bike/32 min Run	Off	WT	40 min Bike/22 min Swim	WT	34 min Run/35 min Swim	Off	213 minutes
11 May 11	60 min Bike/36	Off	WT	45 min Bike/24 min	WT	38 Run/30 min Swim	Off	233 minutes

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	min Run			Swim				
12 May 18	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 25	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 1	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 8	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 15	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.

Milton Race Distances June 1:

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

Info on open water swims at Kelso:

<http://kelsoopenwaterswimming.blogspot.com/> or email kelsoopenwaterswimming@bell.net

Guelph Lake Race Distances June 15:

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

Guelph Lake Race Distances June 16:

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

Welland Race Distances June 22:

Give it a Tri 400m swim, 10km bike, 2.5km run
 Triathlon 750m swim, 30km bike, 7.5km run
 Swim Bike 750m swim 30km bike
 Duathlon 5km run, 30km bike, 5.26 km run