

**Try-a-Tri/Sprint Triathlon Training Program -
Milton, September 1 and Wasaga Beach September 8, 2013**

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
1 June 29	35 min Bike/ Run (25 continuous minutes)	Off	WT	30 min Bike/18 min Swim	WT	Run (25 continuous minutes)/17 min Swim	Off
July							
2 July 6	40 min Bike/ Run (28 continuous minutes)	Off	WT	35 min Bike/18 min Swim	WT	Run (28 continuous minutes)/29 min Swim	Off
3 July 13	45 min Bike/Run (30 continuous minutes)	Off	WT	35 min Bike/20 min Swim	WT	Run (30 continuous minutes)/32 min Swim	Off
4 July 20	50 min Bike/32 min Run	Off	WT	40 min Bike/22 min Swim	WT	34 min Run/35 min Swim	Off
5 July 27	60 min Bike/36 min Run	Off	WT	45 min Bike/24 min Swim	WT	38 Run/30 min Swim	Off
6 August 3	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
7 August 10	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
8 August 17	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
9 August 24	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
September 1	Milton Race Day			Rest or easy 5km			

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Tuesday and Thursday swims at Glen Abbey Rec Center 9pm. Open water swims at Kelso Thursday evenings and Saturday mornings

Milton race distances:

Swim/Run	Bike	Run	
Super Sprint Duathlon	2.5 km run	10 km	2.5 km
Super Sprint Triathlon	375 m swim	10 km	2.5 km
Sprint Duathlon	2.5 km run	20 km	5 km
Sprint Triathlon	750 m swim	20 km	5 km
Team Sprint Relay	750 m swim	20 km	5 km

Wasaga Beach race distances:

Sept 7 Give-It-A-Tri	400m Swim – 10km Bike – 2.5km Run
Olympic Triathlon	1500m Swim – 40km Bike – 10km Run
<u>Olympic Swim Bike</u>	1500m Swim – 40km Bike
Sept 8 Sprint Duathlon	5km Run – 20km Bike – 2.5km Run
Sprint Triathlon	750m Swim – 20km Bike – 5km Run