

Try-a-Tri/Sprint Triathlon Training Program 2014 -

Milton-June 1 or Welland-June 14

(This program uses the graduated 5km training program for new runners. If you are already running, continue on your current program.)

Week of	Saturday 8:00am Brick (Bike & Run)	Sunday REST	Monday 8:00pm	Tuesday Short Swim Glen Abbey 9:00pm	Wednesday Optional Weight Training	Thursday 8:00pm Long Run/ Long Swim Glen Abbey 9:00pm	Friday REST	Notes
March (Only outdoor running and indoor swimming - spin class optional)								
1 March 8	Run (alt 60 sec jog/90 sec walk for 20 min)	Off	Run (alt 60 sec jog/90 sec walk for 20 min)	14 min Swim <i>(Swim sessions can be done on Mon. after run or bike if scheduling works better)</i>	WT	Run (alt 60 sec jog/90 sec walk for 20 min) 20 min Swim	Off	
2 March 15	Run (alt 90 sec jog/2 min walk for 20 min)	Off	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) 25 min Swim	Off	
3 Mar. 22	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2)	Off	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2)	16 min Swim	WT	Run (run 90 sec/walk 90 sec/run 3min/walk 3min x 2) 20 min Swim	Off	
4 Mar. 29	Run (run 3 min/walk 90 sec/ run 5 min/ walk 2.5 min/ run 3 min/walk 90 sec/ run 5 min)	Off	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) 25 min Swim	Off	
April (2 x bike/2 x run/2 x swim)								
5 Apr. 5	30 min Bike/ Run (run 5/walk 3/ run 5/walk 3 run 5)	Off	30 min Bike	18 min Swim	WT	Run (20 continuous minutes) 30 min Swim	Off	
6 Apr. 12	30 min Bike/ Run (run 5/walk 3/run 8/walk 3/run 5)	Off	30 min Bike	18 min Swim	WT	Run (run 10/walk 3/ run 10)/30 min Swim	Off	
7 Apr. 19	35 min Bike/ Run 25 min <i>(continuous)</i>	Off	35 min Bike	18 min Swim	WT	Run 25 /20 min Swim	Off	
8 Apr. 26	45 min Bike/ Run 28 min	Off	40 min Bike	20 min Swim	WT	Run 28 30 min Swim	Off	
May								
9 May 3	30 min Bike/Run 30 min	Off	30 min Bike	20 min Swim	WT	Run 30 /35 Swim	Off	
10 May 10	50 Bike/32 Run	Off	40 min Bike	20 min Swim	WT	34 Run/40 Swim	Off	
11 May 17	60 Bike/36 Run	Off	45 min Bike	25 min Swim	WT	38 Run/40 Swim	Off	

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12 May 24	45 min Bike/35 min Run	Off	30 min Bike (Milton 35 min bike)	25 min Swim (Milton 25 min swim)	WT	42 Run/40 (Milton 30 min swim)	Off	
13 May31	70 min Bike/35 min Run (Open water swims start 8:30 Kelso)	Off	45 min Bike	25 min Swim (Milton 20)	WT	45min Run/45 Swim (Milton 25min run) (Meet 6:15 for open water swim Kelso)	Off	
14 June 7	80 min Bike/35 min Run (Milton - rest)	Milton Race Day	50 min Bike	30 min Swim	WT	48 min Run/45 Swim (Meet 6:15 for open water swim)	Off	
June								
15 June 14	60 min Bike/30 min Run	Off	30 min Bike	20 min Swim	WT	25 Run/ Optional 30 min swim (Meet 6:15 for open water swim)	Off	
16 June 14	Welland Race Day	Off	Rest or easy 5km recovery run	<i>Begin planning for next race!</i>				

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

Welland Race Distances June 14:

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

Info on open water swims at Kelso:

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