TRIATHLON TRAINING PROGRAM

This is a ***general*** triathlon training plan with a suggested workout schedule for beginner and intermediate triathletes. The workouts can be rearranged to fit your schedule.

BEGINNER FITNESS LEVEL

WEEK 1:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: 30 min. power walk/run
Thursday: Rest
Friday: Rest
Saturday: 45 min bike
Sunday: Rest

WEEK 2:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: 30 min. power walk/run
Thursday: Rest
Friday: Rest
Saturday: 45 min. bike
Sunday: Rest

WEEK 3:
Monday: Rest
Tuesday: 20 min. swim
Wednesday: 35 min. power walk/run
Thursday: 20 min. strength training
Friday: Rest
Saturday: 45 min. bike
Sunday: 15 min. swim

WEEK 4:
Monday: Rest
Tuesday: 20 min. swim
Wednesday: 35 min. power walk/run
Thursday: 20 min. strength training
Friday: Rest
Saturday: 45 min. bike
Sunday: 15 min. swim

WEEK 5:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: 20 min. run
Thursday: 20 min. strength training
Friday: Rest
Saturday: (Brick) 20 min. bike and 15 min. run
Sunday: 20 min. strength training

WEEK 6:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: PM 30 min. run
Thursday: AM 45 min bike; **PM** 20 min. strength training
Friday: Rest
Saturday: (Brick) 30 min. bike and 20 min. run
Sunday: 20 min. strength training

WEEK 7:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: AM 45 min. bike; **PM** 30 min. run
Thursday: 20 min. swim & 20 min. strength training
Friday: Rest
Saturday: (Brick) 40 min. bike and 20 min. run
Sunday: 20 min. strength training

WEEK 8:
Monday: Rest
Tuesday: 30 min. bike
Wednesday: 15 min. swim
Thursday: 15 min. run
Friday: Rest
Saturday: RACE DAY!

INTERMEDIATE FITNESS LEVEL

WEEK 1:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: AM 40 min. run; **PM** 20 min strength training
Thursday: Rest
Friday: Rest
Saturday: 60 min. bike
Sunday 15 min. swim, 20 min. strength training

WEEK 2:
Monday: Rest
Tuesday: 30 min. swim
Wednesday: 30 min. run
Thursday: Rest
Friday: Rest
Saturday: 45 min. bike
Sunday: 30 min. swim

WEEK 3:
Monday: Rest
Tuesday: 35 min. swim
Wednesday: AM 30 min. run; **PM** 45 min. bike
Thursday: AM 20 min. swim; **PM** 20 min. strength training
Friday: Rest
Saturday: (Brick) 60 min. bike and 30 min. run
Sunday: Rest

WEEK 4:
Monday: Rest
Tuesday: 30 min. swim & 20 min. strength training
Wednesday: AM 40 min. run; **PM** 45 min. bike
Thursday: AM 20 min. swim; **PM** 20 min. strength training
Friday: Rest
Saturday: (Brick) 60 min. bike and 30 min. run
Sunday: Rest

WEEK 5:
Monday: Rest
Tuesday: AM 30 min. swim; **PM** 40 min. strength training
Wednesday: AM 45 min. bike; **PM** 40 min. run
Thursday: AM 30 min. swim; **PM** 20 min. strength training
Friday: Rest
Saturday: (Mini-tri, easy) 20 min. swim, 40 min. bike, 20 min. run
Sunday: Rest

WEEK 6:
Monday: Rest
Tuesday: 30 min bike
Wednesday: 30 min. swim
Thursday: 20 min. run
Friday: Rest
Saturday: RACE DAY!