TRIATHLON 8 WEEK FIRST-TIMER TRAINING FOR THE WIN FOR KC TRIATHLON: JULY 26, 2014

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 2	Rest	Swim - 30 min.	Power Walk/ Run - 30 min.	Rest	Rest	Bike - 45 min.	Rest
June 9	Rest	Swim - 30 min.	Power Walk/ Run - 30 min.	Rest	Rest	Bike - 45 min.	Rest
June 16	Rest	Swim - 20 min.	Power Walk/ Run - 35 min.	Strength Train - 20 min.	Rest	Bike - 45 min.	Swim - 15 min.
June 23	Rest	Swim - 20 min.	Power Walk/ Run - 35 min.	Strength Train - 20 min.	Rest	Bike - 45 min.	Swim - 15 min.
June 30	Rest	Swim - 30 min.	Bike - 30 min. Run - 30 min.	Swim - 20 min. Strength Train - 20 min.	Rest	**Brick Workout!** Bike - 20 min. & immediately Run - 15 min.	Strength Train - 20 min.
July 7	Rest	Swim - 30 min.	Bike - 45 min. Run - 30 min.	Swim - 20 min. Strength Train - 20 min.	Rest	**Brick Workout!** Bike - 30 min. & immediately Run - 20 min.	Strength Train - 20 min.
July 14	Rest	Swim - 30 min.	Bike - 45 min. Run - 30 min.	Swim - 20 min. Strength Train - 20 min.	Rest	**Brick Workout!** Bike - 40 min. & immediately Run - 20 min.	Strength Train - 20 min.
July 21	Rest	Bike - 30 min.	Swim - 15 min.	Run - 15 min.	Rest		Recover & Smile

Created by Christine Owsley adapted from *Triathlon Training in Four Hours a Week* by Eric Harr