

## Basic Triathlon Training Schedule

Short course 10 week lead-in “suggestion”

Don’t hesitate to change things around to fit your schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
WK 1	R: 1.5 m	S: 250 y	Brick B:5 m / R:1.5 m	S: 250 y	Lift upper	OFF-walk	R: 2 m
WK 2	R: 1.5 m	S: 250 y	Lift lower	S: 300 y	Brick B:5 m / R:1.5 m	OFF-walk	OFF-walk
WK 3	S: 300 y	Brick B: 8 m / R: 2 m	OFF-walk	Lift upper	R: 2 m	S: 300 y	OFF-walk
WK 4	R: 2.5 m	OFF-walk	S: 350y	Lift lower	B: 10m	R: 3 m	OFF-walk
WK 5	S: 350 y	Lift upper	R: 3.5 m	OFF-walk	S: 350y	R: 3 m	OFF-walk
WK 6	S: 350 y	OFF-walk	R: 3 m	S: 400 y	Brick B: 6 m / R: 2 m	OFF-walk	Lift lower
WK 7	R: 3 m	S: 400 y	Brick B: 8 m/R: 2.5 m	OFF-walk	Lift upper	OFF-walk	R: 3.5 m
WK 8	S: 500 y	Brick B: 10m /R:3 m	OFF-walk	Lift lower	R: 2 m	OFF-walk	OFF-Walk
WK 9	R: 4 m	S: 500 y	Brick: B: 10 m / R: 3 m	OFF-walk	B: 10 m	OFF-walk	R: 3 m
WK 10	OFF-walk	R: 2 m	OFF-walk	S: 250 y	B: 6 m	OFF-Walk	OFF-Walk

Don’t hesitate to email if you have questions.

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