

## Wild River Triathlon Club

### 10 Week Beginner Sprint Triathlon Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wk 1	OFF	S: 200 yds R: 15 min	B: 30 min	S: 200 yds	OFF	R: 20 min	B: 45 min
Wk 2	OFF	S: 200 yds R:20 min	B: 30 min	S: 300 yds	OFF	R: 30 min	B: 1 hr
Wk 3	OFF	S: 300 yds R: 20 min	B: 45 min	S: 300 yds R: 20 min	OFF	R: 40 min	B: 1 hr
Wk 4	OFF	R: 20 min	S: 300 yds	BRICK B: 45 R:15	S: 400 yds	R: 40 min	B: 75 min
Wk 5	OFF	R: 30min	S: 400 yds	BRICK B: 45 R:15	S:500 yds	R: 40 min	B: 75 min
Wk 6	OFF	R: 30 min	S: 500 yds	BRICK B: 1hr R 20	S: 600 yds	R: 40 min	B: 1.5 hr
Wk 7	OFF	R: 40 min	S: 600 yds	BRICK B:1hr R: 30	S: 700 yds	R: 50 min	B: 1.5 hr
Wk 8	OFF	R: 40 min	S: 700 yds	BRICK B:1.25 hr R: 30	S: 800 yds	R: 50 min	B: 1.5 hr
Wk 9	OFF	R: 40 min	S: 800 yds	BRICK B:1.25hr R: 30	S: 800 yds	R: 40 min	B: 75 min
RACE WEEK				BRICK		RACE DAY!	
Wk 10	OFF	R: 30 min	S: 600 yds	B: 30 R:15	OFF		

Key: S- swim R- run B-bike BRICK – bike followed by run (back to back- no rest)

Run Training: run with short walk breaks if necessary

Bike Training: bike at moderate levels with added hills and short pickups for intensity

Swim Training: swim laps with breaks if necessary

Mike Colaizy – Trainer/Coach for Wild River Triathlon Club

Training questions? Contact-- [ironmike@centurytel.net](mailto:ironmike@centurytel.net)