

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 1

Mon	Rest Day	
Tue	Swim	20 min
Wed	Run	20min
Thu	Rest Day	
Fri	Rest Day	
Sat	Cycle	45 min
Sun	Rest Day	

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 2

Mon	Rest Day	
Tue	Swim	25 min
Wed	Run	25 min
Thu	Rest Day	
Fri	Rest Day	
Sat	Cycle	50 min
Sun	Run	20 min

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 3

Mon	Rest Day	
Tue	Swim	30 min
Wed	Run	30 min
Thu	Strenght	20 min
Fri	Rest Day	
Sat	Cycle	60 min
Sun	Run	30 min

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 4

Mon	Rest Day	
Tue	Swim	30 min
Wed	Run	40 min
Thu	Strenght Swim	20 min 30 min
Fri	Rest Day	
Sat	Swim	Open Water Practice
Sun	Brick Cycle/Run	60min/15min

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 5

Mon	Rest Day	
Tue	Swim	35 min
Wed	Run	45 min
Thu	Strenght Swim	20 min 35 min
Fri	Rest Day	
Sat	Swim Cycle	15min 50 min
Sun	Run	30 min

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 6

Mon	Rest Day	
Tue	Swim	30 min
Wed	Run	35 min
Thu	Strenght Swim	20 min 20 min
Fri	Rest Day	
Sat	Swim	Open Water Practice
Sun	Brick Bike/Run	50/20

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 7

Mon	Rest Day	
Tue	Swim	25 min
Wed	Run	40 min
Thu	Strenght Swim	20 min 30 min
Fri	Rest Day	
Sat	Swim Cycle	20 min 45 min
Sun	Run	40 min

TRIATHLON TRAINING PLAN FOR BEGINNERS - WEEK 8

Mon	Rest Day	
Tue	Swim	30 min
Wed	Run	45 min
Thu	Strenght Swim	20 min 35 min
Fri	Rest Day	
Sat	Swim	Open Water Practice
Sun	Brick Bike/Run	60/20

WEEK 9		
Mon	Rest Day	
Tue	Swim	40 min
Wed	Run	50 min
Thu	Strenght Swim	20 min 40 min
Fri	Rest Day	
Sat	Swim Cycle	25 min 60 min
Sun	Run	30 min

WEEK 10		
Mon	Rest Day	
Tue	Swim	30 min
Wed	Run	35 min
Thu	Swim	20 min
Fri	Rest Day	
Sat	Rest Day	
Sun	<b>DUKE</b>	GOOD LUCK!!!!