

Believe in children



Barnardo's

Triathlon training programme

Week 1	
Monday	Book in for a swimming lesson /stroke analysis
Tuesday	Get your bike set up /measurements checked
Wednesday	Get your running shoes /bio-mechanics checked
Thursday	Swimming session- 30 minutes
Friday	Day off
Saturday	Cycling session- 45 minutes
Sunday	Running session- 20 minutes

Week 2	
Monday	Swimming session- 35 minutes; including 10x 25m strong pace (15 second rest between each)
Tuesday	Cycling session- 45 minutes
Wednesday	Running session- 25 minutes
Thursday	Swimming session- 40 minutes; including 5x 100m strong pace with 30 seconds recovery between each
Friday	Day off
Saturday	Cycling session- 50 minutes
Sunday	Running session- 30 minutes; including 10 minutes strong pace

Week 3	
Monday	Swimming session- 45 minutes
Tuesday	Cycling session- 55 minutes
Wednesday	Running session- 35 minutes
Thursday	Swimming session- 50 minutes; including 6x 100m strong pace with 30 seconds recovery between each
Friday	Day off
Saturday	Cycling session- 60 minutes; mixing hills and flat if possible
Sunday	Running session- 40 minutes; including 10 minutes strong pace

Week 4	
Monday	Swimming session- 40 minutes
Tuesday	Cycling session- 45 minutes varied pace
Wednesday	Running session- 30 minutes; including 10x 30 seconds hard with 30 seconds easy
Thursday	Swimming session- 40 minutes; including 7x 100m strong pace (30 seconds rest between each)
Friday	Day off
Saturday	Cycling session- 60 minutes; mixing hills and flat if possible
Sunday	Running session- 40 minutes; including 10 minutes strong pace

Week 5	
Monday	Swimming session- 30 minutes; with 10x 50m fast
Tuesday	Cycling session- 45 minutes at varied pace
Wednesday	Running session- 30 minutes: with 15x 30 seconds hard and 30 seconds easy
Thursday	Swimming session- 30 minutes open water Go to www.openwaterswim.co.uk for more info
Friday	Day off
Saturday	Cycling session- 60 minutes followed by 15 minutes easy run straight off the bike
Sunday	Running session- 35 minutes (with 15 minutes at a strong pace)

Week 6	
Monday	Swimming session- 40 minutes with 10x 100m fast (30 seconds rest)
Tuesday	Cycling session- 45 minutes at varied pace
Wednesday	Running session – 40 minutes: with 10x 1 minute hard and 1 minute easy
Thursday	Swimming session- 30 minutes in open water
Friday	Day off
Saturday	Cycling session- 70 minutes with a 15 minute easy run straight off the bike
Sunday	Running session- 35 minutes (with 20 minutes at a strong pace)

Week 7	
Monday	Swimming session- 40 minutes: with 10x 100m fast (30 seconds recovery between each)
Tuesday	Cycling session- 45 minutes hilly ride + 15 minutes easy run off the bike
Wednesday	Running session- 35 minutes; including 8x 2 minutes hard and 1 minute easy
Thursday	Swimming session – 30 minutes in open water
Friday	Day off
Saturday	Cycling session- 60 minutes + 15 minutes easy run straight off the bike
Sunday	Running session - 35 minutes; including 20 minutes at a strong pace

Week 8	
Monday	Swimming session- 30 minutes: with 8x 50m hard (30 seconds recovery between each)
Tuesday	Cycling session- 30 minutes varying the pace
Wednesday	Running session- 20 minutes; including 6x 30 seconds hard and 30 seconds easy
Thursday	Swimming session- 15-20 minutes open water; including 6x 25m fast (taking plenty of rest inbetween each 25m)
Friday	Day off
Saturday	Cycling session- 20 minutes easy + 5x 20 seconds (full recovery) 10 minutes easy easy spin to finish
Sunday	Triathlon Race day

Kindly provided by www.tri247.com

Barnardo's Registered Charity Nos. 216250 and SC037605
Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines.