

# Believe in children



# Barnardo's

## Triathlon training programme

<b>Week 1</b>	
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

<b>Week 2</b>	
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

<b>Week 3</b>	
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

<b>Week 4</b>	
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

<b>Week 5</b>	
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 <a href="http://www.openwaterswim.co.uk">www.openwaterswim.co.uk</a> 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)

<b>Week 6</b>	
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)

<b>Week 7</b>	
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

<b>Week 8</b>	
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

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