TRI RIGHT

April 2018 - SAMPLE Beginner Triathlon Training Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **DAY OFF**	3 **SWIM** **10 x 50 @ :45 rest**	4 **RUN** **10 min**	5 **BIKE** **20 min**	6 **SWIM** **15 x 50 @ :45 rest**	7 **RUN** **15 min**
8 **BIKE** **40 min**	9 **DAY OFF**	10 **SWIM** **10 x 50 @ :40 rest**	11 **RUN** **12 min**	12 **BIKE** **30 min**	13 **SWIM** **20 x 50 @ :40 rest**	14 **RUN** **20 min**
15 **BIKE** **50 min**	16 **DAY OFF**	17 **SWIM** **8 x 75 @ :45 rest**	18 **RUN** **15 min**	19 **BIKE** **30 min**	20 **SWIM** **6 x 100 @ :45 rest**	21 **RUN** **25 min**
22 **BIKE** **45 min**	23 **DAY OFF**	24 **SWIM** **8 x 75 @ :40 rest**	25 **RUN** **18 min**	26 **BIKE** **40 min**	27 **SWIM** **10 x 50 @ :30 rest**	28 **RUN** **20 min**
29 **BIKE** **60 min** **dd 5 min run fter bike**	30 **DAY OFF**					