

Enter the Date of Event in cell A-4
8/3/2013

Youth Triathlon 9 Week Program Base Phase Week 1

		Swim	Bike	Run
26-May	Monday	Off	Off	Off
27-May	Tuesday			10 Min Easy Pace
28-May	Wednesday	# 1		
29-May	Thursday		20 min on flat surface/road	
30-May	Friday			Run 1 Flat Surface
31-May	Saturday	#2	20 min on flat surface/road	
1-Jun	Sunday			Run 2

Swim #1
25m warm up 2 x 25m Freestyle 4 x 25 with 50 sec.Rest 2 x 25 with 20 sec Rest 25 m cool down

Swim # 2
25 m warm up 4 x 25m freestyle 20 sec Rest 2 x 50m freestyle 50 sec Rest 2 x 25m with 20 Sec Rest 2 x 50m freestyle 50 sec Rest 2 x 25m Cool down

Run 1
5 Min Warm Up 1/4 mile "Time Trial" 10 min easy jog

Run 2
10 min easy jog warm up 1/4 mile fast paced jog 1/2 mile easy jog/cool down

Run 3
10 min easy jog warm up 1/2 mile "time trial" 5 min walk cood down

Beginner Swim	1
25m swim - any stroke 50 Second Rest 4 X 25m - any stroke - rest as needed 25m swim - any stroke	

Beginner Swim	2
25m swim - any stroke 50 Second Rest 6 X 25m - any stroke - 50 Second Rest 25m swim - any stroke	

Youth Triathlon 9 Week Program Base Phase Week 2

		Swim	Bike	Run
2-Jun	Monday	Off	Off	Off
3-Jun	Tuesday			Run 2
4-Jun	Wednesday	# 1		
5-Jun	Thursday		30 Min on Hilly Route	
6-Jun	Friday			Run 1 Flat Surface
7-Jun	Saturday	#2	4 Miles flat	
8-Jun	Sunday			Run 1 Flat Surface

Swim #3 (Advanced)
1 x 25m Warm Up 1 x 50m Warm up 10 x 25 with 20 Sec Rest 5 x 50 with 30 Sec Rest 4 x 25 with 15 Sec Rest 2 x 50 Cooldown