

Youth Triathlon 9 Week Program: Base Phase Week 3 3

		Swim	Bike	Run
9-Jun	Monday	Off	Off	Off
10-Jun	Tuesday			Run 2
11-Jun	Wednesday	Swim 2		
12-Jun	Thursday		5 miles on Flat Surface	
13-Jun	Friday	Swim 2		
14-Jun	Saturday		3Miles on Hills	
15-Jun	Sunday	Swim 3 (optional)		Run 1 Flat Surface

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

Beginner Swim	1
25m swim - any stroke	
4 x 25m any stroke - 50- Sec Rest	
1 X 50m	
25m swim - any stroke	

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

Beginner Swim	2
25m swim - any stroke	
30 Second Rest	
8 X 25m - any stroke - 30 Second Rest	
25m swim - any stroke	

Run 1
10 Min Warm Up
1/2 mile "Time Trial"
15 min easy jog

Youth Triathlon 9 Week Program : Base Phase Week 4

		Swim	Bike	Run
16-Jun	Monday	Off	Off	Off
17-Jun	Tuesday			Run 3
18-Jun	Wednesday	Swim 2		
19-Jun	Thursday		7 miles on Flat Surface	
20-Jun	Friday	Swim 2		
21-Jun	Saturday		4 Miles on Hills	
22-Jun	Sunday	Swim 3 (optional)		Run 3

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

Run 3
10 min easy jog warm up
3/4 mile "time trial"
5 min walk cool down

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
700