

Youth Triathlon 9 week Plan: Build Phase Week 1

		Swim	Bike	Run
23-Jun	Monday	Off	Off	Off
24-Jun	Tuesday			Run 3 Hills
25-Jun	Wednesday	Swim 1		5k high school run
26-Jun	Thursday		Easy 8 miles Flat	
27-Jun	Friday	Swim 2		Run 1
28-Jun	Saturday		Brick 1 (20 min ride)	Brick 1 (10 min run)
29-Jun	Sunday	Swim 3 (Optional)	Easy 8 miles Flat	

Swim #1
50m warm up 4 x 25m Freestyle 6 x 25 with 50 sec. Rest 2 x 25 with 20 sec Rest 50 m cool down

Beginner Swim	1
25 M freestyle 4 x 25m any stroke -30- Sec Rest 1 X 50m 25 m swim - any stroke	

Swim # 2
50 m warm up 4 x 25m freestyle 10 sec Rest 4 x 50m freestyle 30 sec Rest 2 x 25m with 10 Sec Rest 4 x 50m freestyle 30 sec Rest 4 x 25m Cool down

Beginner Swim	2
50m swim - any stroke 30 Second Rest 6 X 25m - any stroke - 20 Second Rest 25m swim - any stroke	

Run 1
5 Min Warm Up 1 mile "Time Trial" 15 min easy jog

Run 2
5 min easy jog warm up 1.5 mile fast paced jog 10 mile easy jog/cool down

Youth Triathlon 9 Week Program: Build Phase Week 2

		Swim	Bike	Run
30-Jun	Monday	Off	Off	Off
1-Jul	Tuesday			Run 2
2-Jul	Wednesday	Swim 2		High School 5k
3-Jul	Thursday		8 miles with hill and 4 x hill repeats	
4-Jul	Friday	Swim 1	4th of July 5k run!	
5-Jul	Saturday	Brick 2		Brick 2
6-Jul	Sunday		4 Miles "Time Trial"	

Run 3
10 min easy jog warm up 10 x steep hill repeats Run up/walk down

Swim #3 (Advanced)
1 x 100 Warm Up 4 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

Brick 1 = Bike to Run with Transition practice
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Brick 2 = Swim to run with Transition Practice
