

Youth Triathlon 9 Week Schedule: Build Phase Week 3

		Swim	Bike	Run
7-Jul	Monday	Off	Off	Off
8-Jul	Tuesday			Run 1
9-Jul	Wednesday	Swim 1		High School 5k
10-Jul	Thursday		5 mile "time trial"	
11-Jul	Friday	Swim 2		Run 2
12-Jul	Saturday		Brick 1 (5 miles)	Brick 1 (1.5 mile)
13-Jul	Sunday		Easy pace 5 miles	
	Total Hours			
Plan Totals	0:00:00	0:00:00	0:00:00	0:00:00

Swim #1
100m warm up 4 x 25m Freestyle 8 x 25 with 30 sec. Rest 2 x 50 with 20 sec Rest 50 m cool down

Swim # 2
100 m warm up 6 x 25m freestyle 10 sec Rest 6 x 50m freestyle 30 sec Rest 6 x 25m with 10 Sec Rest 8 X 25 Cool Down

Run 1
10 Min Warm Up
1 fast paced jog
8 x 1/4 sprints on flat surface

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

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

Brick 2 = Swim (150 m) to run
with Transition Practice

Youth Triathlon 9 Week Program - Build Week 4

		Swim	Bike	Run
14-Jul	Monday	Off	Off	Off
15-Jul	Tuesday			Run 3
16-Jul	Wednesday	Swim 2		High School 5k
17-Jul	Thursday		5 mile "Time Trial"	
18-Jul	Friday	Swim 1		Run 3
19-Jul	Saturday	Brick 2	Brick 2 (2 Miles)	
20-Jul	Sunday		Brick 1 (4 miles)	Brick 1(1.5 Miles)

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

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