

Youth Triathlon 9 Week Program : Peak Phase Week 1

		Swim	Bike	Run
21-Jul	Monday	Off	Off	Off
22-Jul	Tuesday			Run 3
23-Jul	Wednesday	Swim 1		High School 5k
24-Jul	Thursday		5 Mile "Time Trial"	
25-Jul	Friday	Swim 1		Run 2
26-Jul	Saturday		Brick 1 (5 Miles)	Brick 1(1.5 Miles)
27-Jul	Sunday	Brick 2	Brick 2	

Swim #1
100m warm up 100 "time trial 4 x 25 easy pace 2 x 50 "time trial" 50 m cool down

Beginner Swim	1&2
25m swim - any stroke 100m swim 6-8 yr old 150m swim 9-11 175m swim 11-13	

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

Youth Triathlon 9 Week Program: Race Week

		Swim	Bike	Run
28-Jul	Monday	Off	Off	Off
29-Jul	Tuesday			Run 1
30-Jul	Wednesday	Swim 1		NO 5K!
31-Jul	Thursday		3 miles easy pace	10 min easy jog
1-Aug	Friday	Off	Off	Off
2-Aug	Saturday	Race	Race	Race
3-Aug	Sunday	Relax	Relax	Relax

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 (150 m) to run with Transition Practice
