

Beginner Triathlon Training

13 Week Schedule for the Warsaw Optimist Triathlon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 3/26/12	Meeting on how to get started. 6:30 pm Smith Street YMCA	Bike 15 Mins	Walk/Run 15 Minutes and Strength Workout	Swim 200 yards	Rest	Bike 25 Minutes	Swim 200 Yards and Walk/Run 15 Minutes
2	Rest/Yoga	Bike 20 Mins	Walk/Run 15 Minutes and Strength Workout	Swim 250 yards	Rest	Bike 25 Minutes	Swim 250 Yards and Walk/Run 15 Minutes
3	Rest/Yoga	Bike 25 Mins	Walk/Run 15 Minutes and Strength Workout	Swim 300 yards	Rest	Bike 25 Minutes	Swim 250 Yards and Walk/Run 15 Minutes
4	Rest/Yoga	Bike 25 Mins	Walk/Run 20 Minutes and Strength Workout	Swim 350 yards and Bike 20 Minutes	Rest	Bike 30 Minutes	Swim 300 Yards and Walk/Run 15 Minutes and
5	Rest/Yoga	Bike 30 Mins	Walk/Run 20 Minutes and Strength Workout	Swim 400 yards	Rest	Bike 40 Minutes	Swim 300 Yards and Walk/Run 20 Minutes
6	Rest/Yoga	Bike 40 Mins	Walk/Run 25 Minutes and Strength Workout	Swim 450 yards	Rest	Bike 40 Minutes	Swim 300 Yards and Walk/Run 25 Minutes
7	Rest/Yoga	Bike 40 Mins	Walk/Run 25 Minutes and Strength Workout	Swim 500 yards and Bike 30 Minutes	Rest	Bike 45 Minutes	400 Yards and Walk/Run 25 Minutes and
8	Rest/Yoga	Bike 45 Mins	Walk/Run 30 Minutes and Strength Workout	Swim 550 yards	Rest	Bike 45 Minutes	Swim 400 Yards and Walk/Run 30 Minutes
9	Rest/Yoga	Bike 45 Mins	Walk/Run 35 Minutes and Strength Workout	Swim 600 yards and Bike 35 minutes	Rest	Bike 50 Minutes	Swim 500 Yards and Walk/Run 35 Minutes
10	Rest/Yoga	Bike 50 Mins and Run/Walk 10 Minutes	Walk/Run 40 Minutes and Strength Workout	Swim 600 yards	Rest	Bike 60 Minutes	Open Water Swim 10 Minutes and Walk/Run 30 Minutes
11 6/4/12	Meeting on transitioning and race day pointers. 6:30 pm Smith Street YMCA	Bike 60 Mins and Run/Walk 15 Minutes	Walk/Run 45 Minutes and Strength Workout	Open Water Swim 12 Minutes and Bike 35 minutes	Rest	Bike 1 hr 5 mins	Open Water Swim 12 Minutes and Walk/Run 35 Minutes
12	Rest/Yoga	Bike 1 hr 5 mins and Run/Walk 15 Minutes	Walk/Run 45 Minutes and Strength Workout	Open Water Swim 15 Minutes and Bike 30 Minutes	Rest	Bike 1 hr 10 mins	Open Water Swim 15 Minutes and Walk/Run 35 Minutes
13	Rest	Bike 30 Minutes	Walk/Run 20 Minutes	Open Water Swim 12 Minutes and Bike 20 Minutes	Rest	Race Day June 23rd	Rest

***This schedule is just a recommendation. Please adjust according to fitness level.**