



Youth Triathlon Training Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bike 15 minutes	Off	Swim 150 meters	Bike 10 minutes	Run 10 minutes	Off	Swim 150 meters
Bike 25 minutes	Run 10 minutes	Swim 5 minutes without stopping	Bike 15 minutes	Run 12 minutes	Off	Swim 250 meters
Bike 30 minutes	Run 12 minutes	Swim 250m	Bike 20 minutes	Run 18 minutes	Off	Swim 300 meters
Bike 35 minutes	Run 10 minutes	Swim 8 minutes without stopping	Bike 20 minutes	Run 12 minutes	Off	Swim 250 meters
Bike 20 minutes	Off	Run 10 minutes	Swim 200 meters	Bike 10 minutes	Off	Race Day