

Try-a-Tri 10-Week Training Plan

Letterkenny 24/7 Triathlon Club

Try-a-Tri: Sunday April 29th



Week 1		
19-Feb	Monday	20 mins easy Light Jog/walk
20-Feb	Tuesday	REST
21-Feb	Wednesday	20 mins easy Light Jog
22-Feb	Thursday	Easy 30 mins pool swim
23-Feb	Friday	REST
24-Feb	Saturday	40 min easy cycle
25-Feb	Sunday	Rest
Week 2		
26-Feb	Monday	30 mins easy Light Jog/Walk
27-Feb	Tuesday	REST
28-Feb	Wednesday	30 mins easy light Jog /Walk
01-Mar	Thursday	Easy 30 mins pool swims
02-Mar	Friday	REST
03-Mar	Saturday	40-60 mins easy cycle
04-Mar	Sunday	Rest
Week 3		
05-Mar	Monday	35 mins easy Light Jog/Walk
06-Mar	Tuesday	REST
07-Mar	Wednesday	35 mins easy light Jog /Walk
08-Mar	Thursday	Easy 30 mins pool swim
09-Mar	Friday	REST
10-Mar	Saturday	40-60 mins easy cycle
11-Mar	Sunday	REST
Week 4		
12-Mar	Monday	35 mins easy Light Jog/Walk
13-Mar	Tuesday	Easy 30 mins pool swim 6 lengths without stopping
14-Mar	Wednesday	Rest
15-Mar	Thursday	35 mins easy Light Jog/Walk
16-Mar	Friday	REST
17-Mar	Saturday	40-60 mins cycle
18-Mar	Sunday	REST
Week 5		
19-Mar	Monday	10 mins warm up run and then 3 x 1 mins hard / 1 min rest followed by further 10 mins light warm down jog
20-Mar	Tuesday	REST
21-Mar	Wednesday	Easy 30 mins pool swim 8 lengths without stopping
22-Mar	Thursday	REST
23-Mar	Friday	REST
24-Mar	Saturday	60 mins cycle
25-Mar	Sunday	REST

Week 6		
26-Mar	Monday	40 mins easy Light Jog/Walk
27-Mar	Tuesday	REST
28-Mar	Wednesday	Easy 30 mins pool swim 10 lengths without stopping
29-Mar	Thursday	REST
30-Mar	Friday	REST
31-Mar	Saturday	60 mins cycle with 1 min bursts every 10 mins
01-Apr	Sunday	REST
Week 7		
02-Apr	Monday	30 mins easy Light Jog/Walk
03-Apr	Tuesday	REST
04-Apr	Wednesday	Easy 30 mins pool swim 10 lengths without stopping
05-Apr	Thursday	REST
06-Apr	Friday	REST
07-Apr	Saturday	60 mins cycle and with 1 min bursts every 10 mins
08-Apr	Sunday	REST
Week 8		
09-Apr	Monday	10 mins warm up jog followed by 2 x 5 mins hard out with 5 mins light jog between – 10 mins warm down jog after
10-Apr	Tuesday	REST
11-Apr	Wednesday	Easy 30 mins pool swim 14 lengths without stopping
12-Apr	Thursday	REST
13-Apr	Friday	REST
14-Apr	Saturday	60 mins cycle with 2 min burst every 10 mins
15-Apr	Sunday	REST
Week 9		
16-Apr	Monday	40 mins easy Light Jog
17-Apr	Tuesday	REST
18-Apr	Wednesday	40 mins easy Light Jog with 3 x 2 mins hard out in the middle with 2 mins between each
19-Apr	Thursday	Easy 30 mins pool swim 14 lengths without stopping
20-Apr	Friday	REST
21-Apr	Saturday	60 mins cycle with 2 mins hard each 10 mins
22-Apr	Sunday	REST
Week 10		
23-Apr	Monday	30 mins run
24-Apr	Tuesday	REST
25-Apr	Wednesday	Swim – 5 mins warm up – 3 x 2 lengths hard with 2 mins between each – 10 mins warm down swim
26-Apr	Thursday	REST
27-Apr	Friday	30 mins bike at an easy pace
28-Apr	Saturday	REST
29-Apr	Sunday	RACE DAY!

Enjoy your race!!!

Book your entry at www.letterkenny247.com