

## Try-a-Tri 10-Week Training Plan

Letterkenny 24/7 Triathlon Club

Try-a-Tri: Sunday April 26th



<b>Week 1</b>		
16-Feb	Monday	20 mins easy Light Jog/walk
17-Feb	Tuesday	REST
18-Feb	Wednesday	20 mins easy Light Jog
19-Feb	Thursday	Easy 30 mins pool swim
20-Feb	Friday	REST
21-Feb	Saturday	40 min easy cycle
22-Feb	Sunday	Rest
<b>Week 2</b>		
23-Feb	Monday	30 mins easy Light Jog/Walk
24-Feb	Tuesday	REST
25-Feb	Wednesday	30 mins easy light Jog /Walk
26-Feb	Thursday	Easy 30 mins pool swims
28-Feb	Friday	REST
29-Feb	Saturday	40-60 mins easy cycle
01-Mar	Sunday	Rest
<b>Week 3</b>		
02-Mar	Monday	35 mins easy Light Jog/Walk
03-Mar	Tuesday	REST
04-Mar	Wednesday	35 mins easy light Jog /Walk
05-Mar	Thursday	Easy 30 mins pool swim
06-Mar	Friday	REST
07-Mar	Saturday	40-60 mins easy cycle
08-Mar	Sunday	REST
<b>Week 4</b>		
09-Mar	Monday	35 mins easy Light Jog/Walk
10-Mar	Tuesday	Easy 30 mins pool swim 6 lengths without stopping
11-Mar	Wednesday	Rest
12-Mar	Thursday	35 mins easy Light Jog/Walk
13-Mar	Friday	REST
14-Mar	Saturday	40-60 mins cycle
15-Mar	Sunday	REST
<b>Week 5</b>		
16-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
17-Mar	Tuesday	REST
18-Mar	Wednesday	Easy 30 mins pool swim 8 lengths without stopping
19-Mar	Thursday	REST
20-Mar	Friday	REST
21-Mar	Saturday	60 mins cycle
22-Mar	Sunday	REST
<b>Week 6</b>		

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

Enjoy your race!!!

Book your entry at [www.letterkenny247.com](http://www.letterkenny247.com)