

Preparation Phase: Triathlon Specific Training

June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Bike/Run Brick Bike 30-60 min./Run 15-30 min. Have all your run gear set up before you ride. After the ride, put your run shoes on and run or run/walk! This will help you adapt to running off the bike.</p>	<p>2 Rest Day Get a massage to help your muscles repair.</p>	<p>3 Swim Swim workout #1 (on website) or 30 min. Bike Ride hills 30-60 min. Riding in hills and wind help make you strong!</p>	<p>4 Swim Swim workout #1 (on website) or 30 min. Run or Run/Walk 20-40 min. of: running, walking or combine running and walking.</p>	<p>5 Rest Day Drink plenty of water daily to keep your body properly hydrated.</p>	<p>6 Run or Run/Walk 30-45 min. of: running, walking or combine running and walking (Ex.: run 5 min., walk 2, repeat). Get to some hills! On race day, you'll be happy you did! Swim Clinic</p>	<p>7 Swim Open water swim 30 min. OR swim workout #1 (on website) or 30 min. Bike 30-90 min. ride. Find some more hills! Option: Swim/Bike Brick Run Clinic</p>
<p>8 Bike/Run Brick Bike 30-60 min./Run 15-30 min. Have all your run gear set up before you ride. After the ride, put your run shoes on and run or run/walk! This will help you adapt to running off the bike. Bike & Swim Clinic</p>	<p>9 Rest Day Rejuvenate your body and your mind. Take a nap!</p>	<p>10 Swim Swim workout #2 (on website) or 30 min. Bike Ride hills 30-60 min. Riding in hills and wind help make you strong!</p>	<p>11 Swim Swim workout #2 (on website) or 30 min. Run or Run/Walk 20-40 min. of: running, walking or combine running and walking.</p>	<p>12 Rest Day Feeling stiff and tired? Stretch to aid recovery and improve blood flow.</p>	<p>13 Run or Run/Walk 30-45 min. of: running, walking or combine running and walking (Ex.: run 5 min., walk 2, repeat). Get to some hills! On race day, you'll be happy you did!</p>	<p>14 Swim Open water swim 30 min. OR swim workout #2 (on website) or 30 min. Bike 30-90 min. ride. Find some more hills!</p>
<p>15 Bike/Run Brick Bike 30-60 min./Run 15-30 min. Have all your run gear set up before you ride. After the ride, put your run shoes on and run or run/walk! This will help you adapt to running off the bike.</p>	<p>16 Rest Day Balance consistent activity with recovery</p>	<p>17 Swim Swim workout #3 (on website) or 30 min. Bike Ride hills 30-60 min. Riding in hills and wind help make you strong!</p>	<p>18 Swim Swim workout #3 (on website) or 30 min. Run or Run/Walk 20-40 min. of: running, walking or combine running and walking.</p>	<p>19 Rest Day Eat healthy foods to help your body repair from the exertion of exercise.</p>	<p>20 Run or Run/Walk 30-45 min. of: running, walking or combine running and walking (Ex.: run 5 min., walk 2, repeat). Get to some hills! On race day, you'll be happy you did!</p>	<p>21 Swim Open water swim 30 min. OR swim workout #3 (on website) or 30 min. Bike 30-90 min. ride. Find some more hills!</p>
<p>22 Bike/Run Brick Bike 30-60 min./Run 15-30 min. Have all your run gear set up before you ride. After the ride, put your run shoes on and run or run/walk! This will help you adapt to running off the bike.</p>	<p>23 Rest Day Eating fruits and vegetables provides vitamins, minerals and water to your body.</p>	<p>24 Swim Swim workout #4 (on website) or 30 min. Bike Ride hills 30-60 min. Riding in hills and wind help make you strong!</p>	<p>25 Swim Swim workout #4 (on website) or 30 min. Run or Run/Walk 20-40 min. of: running, walking or combine running and walking.</p>	<p>26 Rest Day Get off your feet today!</p>	<p>27 Run or Run/Walk 30-45 min. of: running, walking or combine running and walking (Ex.: run 5 min., walk 2, repeat). Get to some hills! On race day, you'll be happy you did!</p>	<p>28 Swim Open water swim 30 min. OR swim workout #4 (on website) or 30 min. Bike 30-90 min. ride.</p>
<p>29 Bike/Run Brick Bike 30-60 min./Run 15-30 min. Have all your run gear set up before you ride. After the ride, put your run shoes on and run or run/walk! This will help you adapt to running off the bike.</p>	<p>30 Rest Day Sleep rejuvenates the body and mind. Sleep is a powerful training tool!</p>	<p>Clinics this month: Intermediate/Advanced Swim Clinic – Friday, June 6 from 6-8 pm Run Skills – Saturday, June 7 from 9-10:30 pm Bike Clinic: Speed and Strength Training on the Bike – Sunday, June 8 from 7-9 am Beginner Swim Skills & Drills – Sunday, June 8 from 1-3 pm See website for more details on clinics and to sign up!</p>				