



Triathlon Training Schedule

Week 1

- Monday – AM-1 – Swim Workout
- Tuesday – AM-1 – Running (HR-60-70%)
AM-2 – Weight Training
- Wednesday- AM – Swim Workout
PM – Medium/Hard Cycle (HR-60-80%)
- Thursday- AM – Swim Workout
- Friday - AM – Long Easy Run (HR 55-70%)
AM-2 – Weight Training
- Saturday - AM - Long Easy Cycle
- Sunday - Rest Day – Stretching/Flexibility

Week 2

- Monday – AM-1 – Swim Workout
- Tuesday – AM-1 – Running (HR-60-70%)
AM-2 – Weight Training
- Wednesday- AM – Swim Workout
PM – Medium/Hard Cycle (HR-60-80%)
- Thursday- AM – Swim Workout
AM – Weight Training
- Friday - Rest Day – Stretching/Flexibility
- Saturday - AM – Long Easy Run (HR 55-70%)
- Sunday - AM – Long easy Cycle (HR 55-70%)

*Repeat schedule after two weeks