

# Lough Key Try a Tri – Sunday April 12th

Below gives an outline training plan to build up in the 10 weeks before the Try a Tri – the plan begins as of Monday 2nd February and will bring you right up to race day on Sunday 12th April.

As with all training plans, if you suffer from any medical problems, it may be wise to consult your doctor before starting into any long term training programmes.

## WEEK DAY DESCRIPTION

1 Monday 20 mins easy Light Jog/walk  
1 Tuesday REST  
1 Wednesday 20 mins easy Light Jog  
1 Thursday easy 30 mins pool swim  
1 Friday REST  
1 Saturday 40 min easy cycle  
1 Sunday Rest

2 Monday 30 mins easy Light Jog/Walk  
2 Tuesday REST  
2 Wednesday 30 mins easy light Jog /Walk  
2 Thursday Easy 30 mins pool swim  
2 Friday REST  
2 Saturday 40-60 mins easy cycle  
2 Sunday Rest

3 Monday 35 mins easy Light Jog/Walk  
3 Tuesday REST  
3 Wednesday 35 mins easy light Jog /Walk  
3 Thursday Easy 30 mins pool swim  
3 Friday REST  
3 Saturday 40-60 mins easy cycle  
3 Sunday REST

4 Monday 35 mins easy Light Jog/Walk  
4 Tuesday easy 30 mins pool swim 6 lengths without stopping  
4 Wednesday Rest  
4 Thursday 35 mins easy Light Jog/Walk  
4 Friday REST  
4 Saturday 40-60 mins cycle  
4 Sunday REST

5 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  
5 Tuesday REST  
5 Wednesday easy 30 mins pool swim 8 lengths without stopping  
5 Thursday REST  
5 Friday REST  
5 Saturday 60 mins cycle  
5 Sunday REST

6 Monday 40 mins easy Light Jog/Walk  
6 Tuesday REST  
6 Wednesday easy 30 mins pool swim 10 lengths without stopping  
6 Thursday REST

6 Friday REST  
6 Saturday 60 mins cycle with 1 min bursts every 10 mins  
6 Sunday REST

7 Monday 30 mins easy Light Jog/Walk  
7 Tuesday REST  
7 Wednesday easy 30 mins pool swim 10 lengths without stopping  
7 Thursday REST  
7 Friday REST  
7 Saturday 60 mins cycle and with 1 min bursts every 10 mins  
7 Sunday REST

8 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  
8 Tuesday REST  
8 Wednesday easy 30 mins pool swim 14 lengths without stopping  
8 Thursday REST  
8 Friday REST  
8 Saturday 60 mins cycle with 2 min burst every 10 mins  
8 Sunday REST

9 Monday 40 mins easy Light Jog  
9 Tuesday REST  
9 Wednesday 40 mins easy Light Jog with 3 x 2 mins hard out in the middle with 2 mins between each  
9 Thursday easy 30 mins pool swim 14 lengths without stopping  
9 Friday REST  
9 Saturday 60 mins cycle with 2 mins hard each 10 mins  
9 Sunday REST

10 Monday 30 mins run  
10 Tuesday REST  
10 Wednesday Swim – 5 mins warm up – 3 x 2 lengths hard with 2 mins between each – 10 mins warm down swim  
10 Thursday REST  
10 Friday 30 mins bike at an easy pace  
10 Saturday REST  
10 Sunday RACE DAY!

Most important of all – ENJOY IT!