

## JANET'S TRIATHLON TRAINING PROGRAMME

<b>WEEK 1</b>	<b>12 - 18th may</b>				
<b>Day</b>	<b>Session</b>	<b>Distance</b>	<b>Pace</b>	<b>Time</b>	<b>Details</b>
Mon	Circuit/ Swim	3x10 lengths x2	crawl	30sec's per lgth	5min rest b'n sets
Tue	Rest				
Wed	Track run		easy	65min	
Thur	rest				
Fri	Bike run gym	Run 15 min 8.5km	Bike 30 - 40 mins easy riding random L 4+.		
Sat	rest				
Sun	long run	1hour	easy	Swim easy	
<b>WEEK 2</b>	<b>19th - 25th May</b>				
Mon	Circuit/ Swim	3x10 lengths x2	crawl	30sec's per lgth	5min rest b'n sets
Tue	Rest				
Wed	Track run				
Thur	rest				effort on the hills
Fri	Bike run gym	Run 15 min 8.5km	Bike 30 - 40 mins easy riding random L 4+.		
Sat	rest				
Sun	long bike	16-18 mile	slow	2.00 hours	swim easy( pm)
<b>WEEK 3</b>	<b>26th - 1st June</b>				
Mon	Circuit/ Swim	3x10 lengths x2	crawl	30sec's per lgth	5min rest b'n sets
Tue	Rest				
Wed	Track run		easy	65min	
Thur	rest				
Fri	Bike run gym	Run 15 min 8.5km	Bike 30 - 40 mins easy riding random L 4+.		
Sat	rest				
Sun	long run	1hour	easy	Swim easy	
<b>WEEK 4</b>	<b>2nd - 8th June</b>				
Mon	Circuit/ Swim	3x10 lengths x2	crawl	30sec's per lgth	
Tue	Rest				
Wed	Track run				
Thur	rest				
Fri	Bike run gym	Run 15 min 8.5km	Bike 30 - 40 mins easy riding random L 4+.		
Sat	rest				
Sun	long bike	18-20 mile	slow	2.00 hours	
<b>WEEK 5</b>	<b>9th - 15th June</b>				
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue					
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min	bike L 6		
Sat					
Sun	Long run	1.30 min	hamsterley		
<b>WEEK 6</b>	<b>16th - 22nd June</b>				
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min	bike L 6		
Sat	rest				
Sun	Long Bike	25+ mile	slow		

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<b>WEEK 7 23rd - 29th June</b>					
<b>Day</b>	<b>Session</b>	<b>Distance</b>	<b>Pace</b>	<b>Time</b>	<b>Details</b>
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min bike L 6			
Sat	rest				
Sun	Long run	1.30 min	hamsterley	Easy Swim pm	
<b>WEEK 8 30th - 6th July</b>					
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min bike L 6			
Sat	rest				
Sun	Long Bike	25+ mile	slow	Easy Swim pm	
<b>WEEK 9 7th - 13th July</b>					
Mon	Circuit/ Swim	3x10 lengths x2	crawl	30sec's per lgth	
Tue	Rest				
Wed	Track run				
Thur	rest				
Fri	Bike run gym	Run 15 min 8.5km	Bike 30 - 40 mins easy riding random L 4+.		
Sat	rest				
Sun	long bike	16-18 mile	slow	2.00 hours	
<b>WEEK 10 14th- 20th July</b>					
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min bike L 6			
Sat	rest				
Sun	Long run	1.30 min		Easy swim pm	
<b>WEEK 11 21st - 27th July</b>					
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min bike L 6			
Sat	rest				
Sun	Long Bike	30 mile	slow	Easy swim pm	
<b>WEEK 12 28th - 3rd Aug</b>					
Mon	Circuit/ Swim	4x10 lengths x2	crawl	30sec's per lgth	
Tue	rest				
Wed	Track run				
Thur	rest				
Fri	Bike/ run gym	20 min run + 45 min bike L 6			
Sat	rest				
Sun	Long run	1.30 min		Easy swim pm	

