



# Youth Triathlon Training Plan

## Junior Age Group

### Training Tips

- Make training fun. Workout with friends or your parents.
- Be careful. Watch out for cars or other obstacles when riding or running. Always wear your helmet when riding.
- Don't go too hard too fast. Save your energy for the entire workout.
- Don't train hard everyday. On some days you should "take it easy" and train at an easy pace.
- You should take at least one day off each week to recover
- Warm up those cold muscles. Make sure to warm up and cool down for each workout.
- Stretch everyday for at least 15 minutes.
- Practice your transitions from swim to bike and bike to run. It takes practice to run after biking.
- Train with a smile. Most importantly you should have fun. Race hard, try your best and have a great time!

Use a trainer or a treadmill for indoor biking and running if weather is bad.

Items in *italics* are recommended but are secondary workouts if you have the time.

	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Week 1	Bike – 20 minutes (Easy Spin)	Off	Swim – 200m	Bike – 15 minutes	Run – 10 minutes	Off	Swim – 200m
Week 2	Bike – 30 minutes (Tempo)	Run – 10 minutes	Swim – 5 minutes without stopping	Bike- 20 minutes	Run – 15 minutes	Off	Swim – 300m
Week 3	Bike – 40 minutes (Steady Pace)	Run – 15 minutes	Swim – 300m <i>Run – 15 minutes</i>	Bike – 25 minutes (Hills)	Run – 20 minutes <i>Swim – 200m</i>	Off	Swim – 400m
Week 4	Bike – 30 minutes (Intervals)	Run – 10 minutes	Swim – 10 minutes without stopping	Bike – 25 minutes	Run – 15 minutes <i>Swim – 200m</i>	Off	Swim – 300m <i>Run - 15 minutes</i>
Week 5	Bike – 20 minutes (Steady Pace)	Off	Run – 10 minutes (Moderate Pace)	Swim – 200m Practice in water starts	Bike – 10 Minutes (Easy) Prepare equip	Off	RACE DAY!