

The 10-Week Basic Triathlon Program

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim 4x50m Easy	Run 2km Walk-Run	Bike 15min Easy	Swim 200m	Day Off	Bike 5km Easy	Run 2km Walk-Run
2	Swim 6x50m Easy	Run 2.5km Walk-Run	Bike 20min Easy	Swim 300m	Day Off	Bike 5-10km Easy	Run 2.5km Walk-Run
3	Swim 3x100m Steady	Run 2km Walk-Run	Bike 15min Steady	Swim 300m	Day Off	Bike 10km Easy-Mod	Run 2km Steady (try to run whole distance)
4	Swim 2x150m Steady	Run 3km Walk-Run	Bike 20 min Hills	Swim 3x (2x25m Kick, 100m Steady)	Day Off	Bike 10km hills with 5min easy run after	Run 2-3km Steady (try to run whole distance)
5	Swim 4x100m Steady	Run 3-4km Walk-Run (incl. 8min = 1min Fast/1min Slow)	Bike 20 min Hills	Swim 4x100m	Day Off	Bike 10-15km Steady	Run 2-3km in hills (some walking)
6	Swim 3x(2x50m Fast, 100m Easy)	Run 4km Walk-Run	Bike 25 min Steady	Swim 400m	Day Off	Bike 10km incl. 3x3min hill climbs (stay seated)	Run 3km Steady
7	Swim 2x(2x50m Fast, 100m Steady, 150m Easy)	Run 4km Walk-Run (incl. 10min = 1min Fast/1min Slow)	Mini Tri or Bike 15 min with Run 5 min Steady	Swim 2x (4x25m Kick, 100m Steady, 150m Easy)	Day Off	Bike 20km Easy-Mod	Run 2.5km Steady in hills
8	Swim 3x50m Fast, 1x300m Steady	Run 5km Walk-Run	Mini Tri or Bike 20 min with Run 5 min Steady	Swim 5x100m	Day Off	Bike 10km hills with 2min Fast Run + 8min Easy Run after	Run 2x (500m Relaxed + 1km at your desired race pace)
9	Swim 4x50m Fast, 1x300m Steady	Run 5km Walk-Run (incl. 6min = 1min Fast/1min Slow)	Mini Tri or Bike 20 min with Run 5 min Fast	Swim 2x (2x25 Fast, 200m Steady)	Day Off	Bike 7km steady on race course with 5 min Easy Run	Run 1km Relaxed + 2km at your desired race pace
10	Swim 2x200m Easy	Run 3km Walk-Run (incl. 4x 20sec Fast/3min Slow)	Bike 10 min Easy	Swim 4x100m Steady	Day Off	Run or Bike 5-10min Easy	Race

Notes:

Feel free to swap the weekend bike and run around or the Tuesday and Wednesday bike and run if it fits in better with your other commitments or if you can train with someone else.

The Wednesday Mini Tri's are part of the Riviera Triathlon Club program and take place at the BARC from 5.30pm.