

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Camp begins on July 13th. Meet at the Park Center at 10:15 AM to sign waivers etc. All other days, camp begins at 10:30 AM and ends at 12:30 PM. Unless otherwise noted, they need swim, bike, run gear each day and will meet at the Park Center.			1	2	3	4
5	6	7	8	9	10	11
12	13 Swim, bike, run evals; workout template for training	14 Run 6-12 min./walk for 5 min. before and after run	15 Swim skills; bike skills; run skills and strength circuit	16 Swim 6-8 x 25 yard drills; then swim 200-300 steady	17 Bike 25-35 min. plus strength circuit 1x	18 OFF
19 Swim 6-8 x 25 yard drills; then swim 200-300 yards/bike 15-20 min.	20 Swim skills/workout; T1 practice; run hills and strength circuit	21 Run 8-14 min. w/4-5 strides; walk 5 min. before and after run	22 NO SWIM. Bike hills/long ride; T2 practice; run 10-15 min. w/fartlek	23 Swim 6-8 x 25 yard drills plus 4 x 25 hard; swim 300-400 steady	24 Bike 30-40 min./run 5-10 min. off the bike/strength circuit 1x	25 OFF
26 Swim same as last Mon./bike 15-20 min. Run PM - 8-15 w/5 min. walk before and after	27 Swim workout; T1 practice; bike intervals - T2 practice/strength	28 Run 10-16 min. w/4-5 strides; walk 5-10 min. before and after run	29 NO BIKE. Swim skills/workout; Run skills/intervals - Murray HS track.	30 Swim 8-10 x 25 yard drills plus 4 x 25 hard; swim 400-500 steady	31 Bike 35-45 min./run 5-10 min. off the bike/strength circuit 1 x	Notes:

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:						1 OFF
2 Bike 20-30 min. Run 7-10 min.	3 Open Water at Blackridge Reservoir. Bike/run from there.	4 Swim 200-300 steady; run 5-10 min.	5 Swim drills/Short brick intervals with T1/T2 practice.	6 Rest	7 Race Tough Kids Triathlon. Coach at race!	8 OFF
9 Bike 15-20 min. Run 5-8 min. off the bike.	10 TBD - may do one more open water; short intervals on swim, bike, run	11 Swim 200 steady, bike 10 min. run 5 min.	12 Off for Travel; if not going to nats, repeat last Thurs.	13 Course preview - nationals (with coaches)	14 Race National Junior Championships San Diego. Coach at race!	15 OFF
16 OFF or repeat last Monday with 3-4 x 2 min. race pace intervals on bike & 5 min. run off bike	17 Swim 300-400 steady; bike 20 min.	18 Run 12-15 min. w/ hills - 4-5 x 1 min. Bike 15-20 min.	19 Last Tri Team Workout before school; swim/bike/run	20 Swim 6-8 x 25 yard drill; swim 300. Strength routine 1-2 x.	21 Long Bike - go 5-10 min. farther than you have gone this summer	22 OFF
23 Bike 20-30 min. with 3-4 x 1 min. unhill; run off the bike for 5-10 min.	24 Swim 300-400 steady; bike 20 min.	25 Run 12-15 min. w/fartlek - 4 x 5 x 75 sec. Bike 15-20 min.	26	27 Same as last Friday.	28 Repeat last week's bike with short 5 min. run off the bike	29 OFF
30 OFF or cross train	24 Swim 300-400 steady; bike 20 min.	Notes:				

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:		1 Run 12-15 min. w/4 x 1 min. on hill/jog back. Walk for 5-10 min. before and after	2 Bike 15-20 min. steady.	3 Same as last Friday.	4 Short Brick. Swim 200, bike 15, run 5 min.	5 OFF Murray Youth and Family Tri Packet Pick-up @ 6 PM
6 Race Murray Youth and Family Tri. Coach at race!	7 See you next summer!	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Notes:		