

BEGINNER'S TRIATHLON TRAINING SCHEDULE | 10 WEEKS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Speed swim am Endurance run pm	Race pace run am Gym pm	Ride	Race pace swim pm Gym pm	Endurance swim am Speed run pm	Endurance ride	Rest
Week 2	Race pace swim am Speed run pm	Endurance swim am Gym pm	Ride	Race pace run am Gym pm	Speed swim am Endurance run pm	Endurance ride	Rest
Week 3	Race pace run am Gym pm	Race pace swim am Speed run pm	Speed swim am Endurance run pm	Ride	Endurance swim am Gym pm	Rest	Rest
Week 4	Endurance swim am Speed run pm	Speed swim am Endurance run pm	Ride	Race pace run am Gym pm	Race pace swim am Gym pm	Endurance ride	Rest
Week 5	Speed swim am Endurance run pm	Race pace run am Gym pm	Ride	Race pace swim am Speed run pm	Endurance swim am	Endurance ride	Rest
Week 6	Speed swim am Endurance run pm	Race pace run am Gym pm	Ride	Race pace swim pm Gym pm	Endurance swim am Speed run pm	Endurance ride	Rest

Week 7	Race pace swim am Speed run pm	Endurance swim am Gym pm	Ride	Race pace run am Gym pm	Speed swim am Endurance run pm	Endurance ride	Rest
Week 8	Race pace run am Gym pm	Race pace swim am Speed run pm	Speed swim am Endurance run pm	Ride	Endurance swim am Gym pm	Rest	Rest
Week 9	Endurance swim am Speed run pm	Speed swim am Endurance run pm	Ride	Race pace run am Gym pm	Race pace swim am Gym pm	Endurance ride	Rest
Week 10	Speed swim am Endurance run pm	Race pace run am Gym pm	Ride	Race pace swim am Speed run pm	Endurance swim am	Endurance ride	Rest

BY JAMES KUHLWILM

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