



TRIATHLON 8 WEEK FIRST-TIMER TRAINING

for THE WIN FOR KC TRIATHLON: July 29, 2017



Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 5	Rest	Swim - 30 min.	Garmin Group Ride or Bike - 45 min.	Rest	Rest	Power Walk/Run - 30 min.	Rest
June 12	Rest	OWS Clinic or Swim - 30 min.	Rest	Power Walk/Run - 35 min.	Rest	Bike - 45 min.	Rest
June 19	Rest	Swim - 20 min.	First Timer's Forum or Rest	Power Walk/Run - 35 min.	Rest	Bike - 45 min.	Swim - 15 min.
June 26	Rest	Swim - 20 min.	Strength Train - 20 min.	Power Walk/Run - 35 min.	Rest	Bike - 45 min.	Swim - 15 min.
July 3	Rest	Swim - 20 min. Strength Train - 20 min.	Garmin Group Ride or Bike - 45 min.	Bike - 30 min. Run - 30 min.	Rest	**Brick Workout!** Bike - 20 min. & Immediately Run - 15 min.	Strength Train - 20 min.
July 10	Rest	Swim - 20 min. Strength Train - 20 min.	Swim - 30 min.	Bike - 45 min. Run - 30 min.	Rest	**Brick Workout!** Bike - 30 min. & Immediately Run - 20 min.	Strength Train - 20 min.
July 17	Rest	Swim - 30 min.	Swim - 20 min. Strength Train - 20 min.	Bike - 45 min. Run - 30 min.	Rest	**Brick Workout!** Bike - 40 min. & Immediately Run - 20 min.	Strength Train - 20 min.
July 24	Rest	Bike - 30 min.	Swim - 15 min.	Run - 15 min.	Rest		Recover & Smile