

## Fresh Choice Southern Lakes Women's Triathlon - Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Getting ready</b>	Talk to friends arrange training sessions	Get bike out of the garage - check tyres, oil, brakes	Get trainers out of cupboard	Gentle walk around the block	Day off	Gentle walk	Day off
<b>Week 1</b>	Swim 3 x 50m easy	Bike 5km easy	Run/Walk 10mins	Swim 3 x 50m easy	Day off	Bike 20 mins easy	Run/Walk 10 mins
<b>Week 2</b>	Swim 4 x 50m easy	Bike 5km easy	Run/Walk 15mins	Swim 4 x 50m easy	Day off	Bike 20 mins easy	Run/Walk 15 mins
<b>Week 3</b>	Swim 4 x 50m steady	Bike 30 mins easy	Run/Walk 15mins	Swim 4 x 50m steady	Day off	Bike 30 mins	Run/Walk 15 mins
<b>Week 4</b>	Swim 3 x 100m easy	Bike 30 mins steady	Run/Walk 15mins	Swim 3 x 100	Day off	Bike 30 mins include low hills	Run/Walk 20 mins
<b>Week 5</b>	Swim 3 x 100m easy	Bike 30 mins include hills	Run/Walk 15mins	Swim 3 x 100m	Day off	Bike 30 mins include low hills	Run/Walk 30 mins
<b>Week 6</b>	Swim 3 x 100m run 15 mins	Bike 40 mins steady	Run/Walk 20mins	Swim 2 x 200m	Day off	Bike 40 mins Run 15 mins	Run 4km
<b>Week 7</b>	Swim 2 x 200m	Bike 40 mins steady	Run 20 mins	Swim 2 x 200m	Day off	Bike 45 mins Run 20 mins	Run 5km
<b>Week 8</b>	Swim 2 x 200m Bike 20 mins	Bike 60 mins	Run 30 mins	Swim 1 x 400m	Day off	Bike 45 mins Run 30 mins	Run 5km
<b>Week 9</b>	Swim 2 x 200m Bike 20 mins	Bike 30 mins gentle	Run 30 mins	Day off	Day off	Tri day	
It is recommended that some of your swim training sessions are completed at Lake Hayes or alternative							
Happy Training							