

Triathlon for beginners 101: From couch to Captiva in 8 weeks



NOTE: All swim distances are in yards, "on: 15" =: 15 seconds rest between sets

	MON	TUE	WED	THURS	FRI	SAT	SUN
July 18	OFF	30 mins	5 x 100 on: 15	30 mins	OFF	3 x 200 on: 20	45 mins
July 25	OFF	40 mins	6 x 100 on: 15	35 mins	OFF	4 x 200 on: 20	60 mins
Aug 1	OFF	45 mins	8 x 100 on: 15	40 mins	OFF	5 x 200 on: 20	60 mins 15 mins
Aug 8	OFF	45 mins	8 x 100 on: 15	30 mins	OFF	3 x 300 on: 30	60 mins 20 mins
Aug 15	OFF	60 mins	10 x 100 on: 25	45 mins	OFF	4 x 300 on: 30	75 mins 20 mins
Aug 22	OFF	60 mins	10 x 100 on: 25	60 mins	OFF	3 x 400 on: 30	90 mins 20 mins
Aug 29	OFF	45 mins	10 x 100 on: 30	45 mins	OFF	1 x 800 on: 30	60 mins 30 mins
Sept 5	OFF	75 mins	10 x 100 on: 45	60 mins	OFF	5 x 300 on: 45	90 mins 30 mins
Sept 12	OFF	45 mins	5 x 100 on: 45	30 mins	OFF	6 x 50, 10 x 25 on: 45	Rest
							400 yards 10 miles 5K

Race day!