

Try-A-Tri Intermediate

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Bike
	Run	Run		Run			Run	
Week 2	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Bike
	Run	Run		Run			Run	
Week 3	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Bike
	Run	Run		Run			Run	
Week 4	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Bike
	Run	Run		Run			Run	
Week 5	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Bike
	Run	Run		Run			Run	
Week 6	Swim		Swim		Swim	DAY OFF		
	Bike		Bike				Bike	Race Day
	Run	Run		Run			Run	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 100m WU VEP then 4 x 25m MP with 45sec R, then 100m EP followed by 4 x 25m MP with 45sec R between each 25m swim and then 100m EP WD.		Swim 200m WU VEP then 2 x 100m MP with 60sec R, then 2 x 50m MP with 40sec rest and then 100m EP WD.	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important day of the week.)			Week 1
Bike		30min bike on flat roads. EP (look under "Program Abbreviations" and "Training Paces" for more information)				30min bike on flat roads. EP. Do this bike ride in the morning.	40min long bike on flat roads. EP.	
Run	20 minute flat run EP (look under "Program Abbreviations" & "Training Paces" for more info on EP)		30 minute long flat run. EP.			20 minute flat run in the afternoon. EP.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 100m WU VEP then 6 x 50m MP with 40sec R, then 100m EP WD.		Swim 100m WU VEP then 4 x 25m MP with 30sec R, 300m MP with 60sec R, then 100m easy WD.	DAY OFF			Week 2
Bike		30min bike on flat roads. EP				30min bike on flat roads. EP. Do this bike ride in the morning.	40min long bike on flat roads. EP.	
Run	20 minute flat run EP		30 minute long flat run. EP.			20 minute flat run in the afternoon. EP.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 100m WU VEP then 4 x 100m MP with 60sec R, then 100m EP WD.		Swim 100m WU VEP then 2 x 25m MP with 30sec R, 2 x 50m MP with 30sec R, 2 x 100m MP with 60sec R, 2 x 50m MP with 30sec R, 2 x 25m MP with 30sec R, then 100m easy WD.	DAY OFF			Week 3
Bike		30min bike on hilly roads. Sit on all of the hills. EP on flats MP on hills.				30min bike on hilly roads. Sit on all of the hills. EP on flats MP on hills. Do this bike ride in the morning.	40min long bike on flat roads. EP.	
Run	20 minute hilly run EP on flats MP on hills.		30 minute long flat run. EP.			20 minute hilly run EP on flats MP on hills. Do this run in the afternoon.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 200m WU VEP then 12 x 25m MP with 30sec R, then 100m EP WD.		Swim 100m WU VEP then 200m MP with 90sec R, 150m MP with 75sec R, 100m MP with 60sec R, 50m MP with 30sec R, then 100m easy WD.	DAY OFF			Week 4
Bike		30min bike on hilly roads. Sit on all of the hills. EP on flats MP on hills.				30min bike on hilly roads. Sit on all of the hills. EP on flats MP on hills.	40min long bike on flat roads. EP.	
Run	20 minute hilly run EP on flats MP on hills.		40 minute long flat run. EP.			10 minute flat run MP right after the bike ride.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		DAY OFF (next two days are put into the program, not only to help you recover from the last few weeks, but more importantly to help you absorb the last few weeks, making you a stronger triathlete on race day.)		Swim 200m WU VEP then 8 x 50m MP with 40sec R, then 100m EP WD.	DAY OFF	Swim 200m WU VEP then 200m MP then 100m EP WD.		Week 5
Bike			DAY OFF			20min bike on hilly roads. Stand on all of the hills. EP on flats MP on hills. Do this ride right after the swim.	40min long bike on flat roads. EP.	
Run	20 minute hilly run EP on flats MP on hills.			20 minute hilly run EP on flats MP on hills.			10 minute flat run MP right after the bike ride.	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		Swim 100m WU VEP then 3 x 100m MP with 60sec R, then 100m easy WD.		Swim 100m WU VEP then 4 x 25m MP with 30sec R, then 200m EP WD.	DAY OFF			Week 6
Bike		30min bike on flat roads. EP				10min bike on flat roads. EP. Do this bike ride in the morning.	RACE DAY	
Run	30 minute flat run EP		20 minute flat run EP			10 minute flat run in the early afternoon. EP.		