

# Wairarapa Women's Triathlon Sun 6<sup>th</sup> December

## A 10 week training schedule

starting 28<sup>th</sup> September

Week	Training
1	2 x run/walk 20 mins 1 x cycle 20 – 30 mins 1 x swim 100m
2	2 x run/walk 20 mins 2 x cycle 20 - 30 mins 1 x swim 150 m
3	2 x run/walk 15 mins 2 x cycle 30+ mins  2 x swim 175 metres. - Session 1 do 1 fast 1 slow length etc - Session 2 swim 175 m non stop
4	2 x run/walk 20 mins 1 x cycle - 1 session 20 mins fast, 2 x swim 300 metres as in Week 3 session 1
5	2 x run/walk 25 mins 2 x cycle - 1 session easy 35 mins - 1 session fast 20 mins 2 x swim 150 m
6	2 x run/walk: - 1 session 30 mins easy - 1 hard for 1 km easy for the next etc 20 mins 2 x cycle: - 1 session straight after run easy for 12 km - 1 session 1 km easy 1 km fast etc 20 mins 2 x swim: - 1 session easy 200m swim after cycle - 1 session do 1 slow length, 1 fast length, 2 slow, 2 fast, 1 slow, 1 fast
7	Same as week 6 but try and do more transitions
8	Same as week 6 but try and do more transitions
9	Same as week 6 but try and do more transitions
10	- the week before the event take it easy this week Do one run/walk, one swim, one bike ride, and do these early in the week so you are rested for the Sunday of the race.