

WACO TRIATHLON TRAINING PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>Week 1 - April 22-28</b>	Run Sprint* - 15 Min Olympic - 5 Mi	Rest	Run Sprint* - 15 Min Olympic - 5 Mi	Ride Sprint - 5 Mi Olympic - 10 Mi	Rest	Optional*Sprint Run: 15 minutes	Rest	OWS = Open Water Swim M = Meters Mi = Miles
<b>Week 2 - April 29 - May 5</b>	Run Sprint* - 15 Min Olympic - 5 Mi	OWS Sprint - 200 M Olympic - 1800 M	Run Sprint* - 15 Min Olympic - 5 Mi	Beginner Ride Clinic Sprint - 6 Mi Olympic - 12 Mi	Rest	Optional*Sprint Run: 15 minutes	Rest	*Optional- bike or run or cross training
<b>Week 3 - May 6-12</b>	Run Sprint* - 20 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 2200 M	Run Sprint* - 20 Min Olympic - 5 Mi	Ride Sprint - 8 Mi Olympic- 15 Mi	Rest	<b>Learn To Run Pain Free Clinic with Valerie Hunt</b>	Optional Run Sprint* 30 Min Oly Run* - 4 mi	*Sprint Run - If you can already run a 5K then run 3 Mi on Monday and 4 Mi on Wednesday
<b>Week 4 - May 13-19</b>	Run Sprint* - 20 Min Olympic - 5 Mi	OWS Sprint - 200 M Olympic - 1400 M	Run Sprint* - 20 Min Olympic - 5 Mi	Ride Sprint - 10 Mi Olympic- 18 Mi	Rest	Ride Sprint - 10 Mi Olympic - 20 Mi	Optional Run Sprint* 30 Min Oly Run* - 4 mi	*Oly Run - These optional runs progress you above your target goal of 10K for extra running endurance training. Recommended but still optional for flexibility.
<b>Week 5 - May 20-26</b>	Run Sprint* - 20 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 2500 M	Run Sprint* - 20 Min Olympic - 5 Mi	Ride Sprint - 12 Mi Olympic- 22 Mi	Rest	Sprint - 300 M Swim, 10 Mi Ride Olympic- 2400 M Swim, 15 Mi Ride	Optional Run Sprint* 30 Min Oly Run* - 4 mi	
<b>Week 6 - May 27 - June 2</b>	<b>Memorial Day Koloche Ride 50 Miles</b>	OWS Sprint - 300 M Olympic - 1200 M	Run Sprint* - 20 Min Olympic - 5 Mi	Ride Sprint - 15 Mi Olympic- 26 Mi	Rest	<b>Conquering The Open Water Swim Clinic</b>	Optional Run Sprint* 30 Min Oly Run* - 4 mi	We do not host run training. Our plan is designed to work with the Waco Striders Running Club weekday runs and their summer training program.
<b>Week 7 - June 3-9</b>	Run Sprint* - 30 Min Olympic - 5 Mi	<b>How to Excell Performance In High Tempatures Clinic with Alex Olson</b>	Run Sprint* - 30 Min Olympic - 5 Mi	Ride Sprint - 10 Mi Olympic- 20 Mi	Rest	Sprint - 500 M Swim, 12 Mi Ride, 1 Mi Run Olympic- 2500 M Swim, 20 Mi Ride, 1 Mi Run	Optional Run Sprint* 40 Min Oly Run* - 6 mi	Find more info on wacostriders.org/training-program
<b>Week 8 - June 10-16</b>	Run Sprint* - 30 Min Olympic - 5 Mi	OWS Sprint - 400 M Olympic - 2500 M	Run Sprint* - 30 Min Olympic - 5 Mi	Ride Sprint - 17 Mi Olympic- 30 Mi	Rest	Sprint - 400 M Swim, 15 Mi Ride Olympic- 45 min Swim, 20 Mi Ride	Optional Run Sprint* 40 Min Oly Run* - 7 mi	
<b>Week 9 - June 17-23</b>	Run Sprint* - 30 Min Olympic - 5 Mi	OWS Sprint - 400 M Olympic - 1300 M	Run Sprint* - 30 Min Olympic - 5 Mi	Ride Sprint - 20 Mi Olympic- 36 Mi	Rest	Sprint - 500 M Swim, 15 Mi Ride, 1 Mi Run Olympic- 2400 M Swim, 20 Mi Ride, 1 Mi Run	Optional Run Sprint* 40 Min Oly Run* - 8 mi	
<b>Week 10 - June 24-30</b>	Run Sprint* - 30 Min Olympic - 5 Mi	OWS Sprint - 500 M Olympic - 1200 M	Run Sprint* - 30 Min Olympic - 5 Mi	Ride Sprint - 12 Mi Olympic- 20 Mi	Rest	Sprint - 600 M Swim, 12 Mi Ride Olympic- 2200 M, 26 Mi Ride	Optional Run Sprint* 50 Min Oly Run* - 9 mi	
<b>Week 11 - July 1-7</b>	Run Sprint* - 30 Min Olympic - 5 Mi	OWS Sprint - 500 M Olympic - 2000 M	Run Sprint - 4 Mi Olympic - 5 Mi	<b>Spokes and Sparklers Independence Day Ride</b>	Rest	Sprint - 600 M Swim, 12 Mi Ride, 0.5 Mi Run Olympic- 2200 M Swim, 26 Mi Ride, 0.5 Mi Run	Optional Run Sprint* 60 Min Oly Run* - 10 mi	
<b>Week 12 - July 8-14</b>	Run Sprint - 3 Mi Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 1200 M	Run Sprint - 4 Mi Olympic - 5 Mi	Ride Sprint - 10 Mi Olympic- 15 Mi	Rest - Pasta Party	Tri Waco Preview OWS <b>Transition Clinic &amp; Race Day Tips w/ Natasha Van Der Merwe</b>	Tri-Waco Triathlon	