

WACO TRIATHLON TRAINING PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
<b>Week 1 - Aug 5</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike - 45 Min w/ 8x1 Min Hard	Run - 4.5 M w/ 6x30" hard	<b>Bike - 40 Mins</b> <b>Moderate + 8 Min Hard</b>	Swim - 1,000 Yd MS - 3x200 @ RP, RI = 30" Run - 4.5 M + 4x10" Hill Sprints	<b>Bike - 35 M</b> <b>Moderate + 10 Min Brick</b>	Run - 9 M Moderate Swim 1,400 Yd	OWS = Open Water Swim Yd = Yards M = Miles
<b>Week 2 - Aug 12</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike - 45 Min w/ 6x2 Min Hard	Run - 4.5 M w/ 6x45" hard	<b>Bike - 40 Mins</b> <b>Moderate + 10 Min Hard</b>	Swim - 1,100 Yd MS - 3x200 @ RP, RI = 30" Run - 4.5 M + 4x10" Hill Sprints	<b>Bike - 40 M</b> <b>Moderate</b>	Run - 10 M Moderate <b>Swim - 1.2 M on Waco 70.3 Course</b>	<b>All WTC Hosted Training Events Are in RED</b>  *Please note that the Waco Triathlon Club does not host all the training that should be completed to properly prepare for the race. For run training, check out the Waco Striders Running Club. This training plan is only intended to provide guidance.
<b>Week 3 - Aug 19</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike - 45 Min w/ 6x3 Min Hard	Run - 4.5 M w/ 6x1' hard	<b>Bike - 40 Mins</b> <b>Moderate + 12 Min Hard</b>	Swim - 1,200 Yd MS - 3x200 @ RP, RI = 20" Run - 5 M + 4x10" Hill Sprints	<b>Bike - 45 M</b> <b>Moderate + 15 Min Brick</b>	Run - 11 M Moderate Swim 1,800 Yd	
<b>Week 4 - Aug 26 (Recovery)</b>	Rest	<b>OWS - 30 Mins</b> Bike - 40 Min w/ 6x1 Min Hard	Run - 4.5 M w/ 6x30" hard	<b>Bike - 40 Mins</b> <b>Moderate + 8 Min Hard</b>	Swim - 1,000 Yd MS - 2x200 @ RP, RI = 20" Run - 4 M Moderate	Bike - 60 Mins Recovery Spin *Not Hosted By WTC	Run - 9 M Moderate Swim 1,400 Yd	
<b>Week 5 - Sept 2</b>	Labor Day Koloche Ride 50 Miles	<b>OWS - 45 Mins</b>	Run - 1 M Easy MS - 8x600m @ 5k RP w/ 400m jog Run - 1 M Easy	<b>Bike - 1 Hour</b> <b>Moderate + 15 Min Hard</b>	Swim - 1,300 Yd MS - 2x300 @ RP, RI = 30" Run - 5 M + 4x10" Hill Sprints	<b>Bike - 50 M</b> <b>Moderate + 20 Min Brick</b>	Run - 12 M Moderate Swim 2,000 Yd	Find more info on wacostriders.org/training-program
<b>Week 6 - Sept 9</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike - 50 Min w/ 5x3 Min Hard	Run - 1 M Easy MS - 6x800m @ 5k RP w/ 400m jog Run - 1 M Easy	<b>Bike - 1 Hour</b> <b>Moderate + 18 Min Hard</b>	Swim - 1,400 Yd MS - 2x300 @ RP, RI = 20" Run - 5.5 M + 4x10" Hill Sprints	<b>Bike - 55 M</b> <b>Moderate</b>	Run - 13 M Moderate Swim 2,000 Yd MS - 1,500 Yd Time Trial	
<b>Week 7 - Sept 16</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike - 55 Min w/ 4x4 Min Hard	Run - 1 M Easy MS - 5x1,000m @ 5k RP w/ 400m jog Run - 1 M Easy	<b>Bike - 75 Mins</b> <b>Moderate + 20 Min Hard</b>	Swim - 1,500 Yd MS - 3x300 @ RP, RI = 30" Run - 6 M + 4x10" Hill Sprints	<b>Skittles / Waco Wild West Ride</b> <b>*Route Distances Vary</b>	Run - 14 M Moderate Swim 2,200 Yd	

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<b>Week 8 - Sept 23 (Recovery)</b>	Rest	<b>OWS - 30 Mins</b> Bike - 44 Min w/ 5x2 Min Hard	Run - 2 M @ Easy 1 M @ 10k RP 2 M @ Easy	<b>Bike - 40 Mins</b> <b>Moderate + 10</b> <b>Min Hard</b>	Swim - 1,300 Yd MS - 2x300 @ RP, RI = 30" Run - 5 M	<b>Bike - 45 M</b> <b>Moderate</b>	<b>Beast Of The Brazos Swim</b> <b>*Seperate</b> <b>Registrarion</b> <b>Requried</b>	
<b>Week 9 - Sept 30</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike 20 Min @ Easy 20 Min @ Hard 20 Min @ Easy	Run - 2 M @ Easy 1 M @ 10k RP 2 M @ Easy	<b>Bike - 75 Mins</b> <b>Moderate + 20</b> <b>Min Hard</b>	Swim - 1,600 Yd MS - 2x400 @ RP, RI = 30" Run - 6 M + 4x10" Hill Sprints	<b>Bike - 50 M</b> <b>Moderate + 10</b> <b>Mins @ RP + 15</b> <b>Min Brick @ RP</b>	Run - 10 M Moderate + 2 M @ RP Swim 2,200 Yd MS - 500 Yd @RP	
<b>Week 10 - Oct 7</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike 20 Min @ Easy 25 Min @ Hard 15 Min @ Easy	Run - 2 M @ Easy 3 M @ 10k RP 2 M @ Easy	<b>Bike - 90 Mins</b> <b>Moderate + 25</b> <b>Min Hard</b>	Swim - 1,600 Yd MS - 2x400 @ RP, RI = 20" Run - 6 M + 4x10" Hill Sprints	<b>Bike - 45 M</b> <b>Moderate + 15</b> <b>Mins @ RP + 20</b> <b>Min Brick @ RP</b>	Run - 12 M Moderate + 2 M @ RP <b>Swim 1.2 M on</b> <b>70.3 Course</b> <b>MS - 1000 @ RP</b>	
<b>Week 11 - Oct 14</b>	Rest *Optional 30 Min Ride or Run For Active Recovery	<b>OWS - 45 Mins</b> Bike 15 Min @ Easy 30 Min @ Hard 15 Min @ Easy	Run - 2 M @ Easy 3 M @ 10k RP 2 M @ Easy	<b>Bike - 90 Mins</b> <b>Moderate + 30</b> <b>Min Hard</b>	Swim - 1,600 Yd MS - 2x400 @ RP, RI = 30" Run - 4.5 M + 4x10" Hill Sprints	<b>Bike - 40 M</b> <b>Moderate + 10</b> <b>Mins @ RP + 10</b> <b>Min Brick @ RP</b>	Run - 12 M Moderate + 2 M @ RP Swim 2,400 Yd MS - 600 Yd @RP *Beat Last Week	
<b>Week 12 - Oct 21</b>	Rest	<b>OWS - 30 Mins</b> Bike 10 Min @ Easy 10 Min @ Hard 10 Min @ Easy	Run - 2 M @ Easy 1 M @ 10k RP 2 M @ Easy	<b>Bike - 45 Mins</b> <b>Moderate w/</b> <b>5x30" sprints for</b> <b>openers</b>	Swim - 800 Yd MS - 400 @ RP Run - 3 M Easy	Swim - 10' Easy w/ 4x30" RP Bike - 10' Easy w/ 4x30" Fast Run - 10' Easy w/ 4x20" 90%	<b>Ironman Waco</b> <b>70.3</b>	