

# Beaver Fever Triathlon Training Plan

Week's to go	Date on Monday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Comments
		Rest Day	Swim (yards)	Run (minutes)	Bike (minutes)	Swim - Drill focus	Long Run (minutes)	Long Bike (minutes)	
10	8/5/13	<i>off</i>	500 yards Swim for time!	25.5	48	500	30	60	<p><b>Swim:</b> Start off with timing your 500 yard swim. It's ok if you have to rest at the wall, just get yourself a baseline time.</p> <p><b>Bike:</b> Try riding an "out and back" route. Go out for 30 minutes and then ride back. This way, you don't get too far from home.</p> <p><b>Run:</b> It is ok to jog and walk during your long run. Just go for total time.</p>
9	8/12/13	<i>off</i>	600	28.5	54	600	33	66	<p><b>Tip:</b> If you don't have time to work out 6 days a week, try doubling up a swim with either a bike or run.</p>
8	8/19/13	<i>off</i>	700	31.5	60	700	36	72	<p>Work hard this week. Next week you get to take it a little easier. Stick with it, it will pay off in the end!</p>
7	8/26/13	<i>off</i>	650	28.5	51	650	31.5	63	<p>This week is a "recovery week." This means you get to take off some yardage and time from last week. Next week we start to build up again.</p>
6	9/2/13	<i>off</i>	800	34.5	60	800	39	78	<p><b>Tip:</b> Once you work out for more than one hour, it is time to start taking in some nutrition. Try bringing a snack with you on your longer bike rides.</p>
5	9/9/13	<i>off</i>	900	37.5	66	900	42	84	<p>Tip: Finding yourself with more time, or wanting to do more? You can add a workout! Pick your weakest discipline, and do the mid-week work out twice.</p>

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4	9/16/13	<i>off</i>	1000	40.5	72	1000	Run 3.1 miles.	Bike 20 miles	This is your BIG WEEKEND! Time to see what those legs can do! Time your 5k run, and also time your 20 mile ride. We can compare these to your race times in October! Try to do the run with out stopping!
3	9/23/13	<i>off</i>	500 yards Swim for time!	<b>Bike &amp; Run:</b> Bike-75 min Run-25 min	<i>off</i>	700	40.5	81	This week, combine your midweek bike and run. You should run with in 10 minutes of getting off the bike. It is time to practice those transition legs. It will feel weird at first, but after about 10 minutes of jogging, you should start to feel your normal stride coming back. Email in your new 500 yard swim time if you have improved from your registration estimate. beaverfeverdu@gmail.com
2	9/30/13	<i>off</i>	1200	<b>Bike &amp; Run:</b> Bike-85 min Run-30 min	<i>off</i>	1200	51	102	This is your hardest week! Really go for it. You have only 2 weeks to go!
1	10/7/13	<i>off</i>	1100	<b>Bike &amp; Run:</b> Bike-85 min Run-30 min	<i>off</i>	1100	48	96	This is it! One week to go. Make it count.
RACE WEEK!	10/14/13	<i>off</i>	750	<b>Bike &amp; Run:</b> Bike-45 min Run-15 min	<i>off</i>	500	<i>off</i>	<b>RACE!</b>	Congratulations! You have made it. Can't wait to see you at the race!

Starting Long Run - Minutes      30      <-- This isn't a continuous run. It is how long can alternate jogging and walking before you feel too tired to jog again

Starting Long Bike - Minutes      60

Starting Long Swim - Yards      500