

Tri Chicks 12 Week Beginners Training Programme



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec
	Rest Day	Swim 200-500m (8-20 lengths of a 25m pool)	Bike 20 mins	Run/Walk 20 mins	Swim 200-500m (8-20 lengths of a 25m pool)	Bike 20 mins	Run/Walk 20 mins
Week 2	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
	Rest Day	Swim 200-500m (8-20 lengths of a 25m pool)	Bike 25 mins	Run/Walk 25 mins	Swim 300-500m (12-20 lengths of a 25m pool)	Bike 25 mins	Run/Walk 25 mins
Week 3	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
	Rest Day	Swim 300-500m (12-20 lengths of a 25m pool)	Bike 30 mins	Run/Walk 30 mins	Swim 300-500m (12-20 lengths of a 25m pool)	Bike 30 mins	Run/Walk 30 mins
Week 4	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan
	Rest Day	Swim 300-500m (12-20 lengths of a 25m pool)	Bike 35 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Run/Walk 35 mins	Bike 35 mins	Run/Walk 30 mins
Week 5	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 40 mins	Rest Day	Run/Walk 30 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 40 mins	Run/Walk 30 mins
Week 6	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 45 mins	Rest Day	Run/Walk 30 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 40 mins Run/Walk 5 mins off the bike	Run/Walk 30 mins

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
	Rest Day	Tri Chicks Training Night or Swim 400-500m (16-20 lengths of a 25m pool)	Bike 45 mins	Run/Walk 35 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 30 mins Run/Walk 5 mins off the bike	Open water swim and/or Run/Walk 30 mins
Week 8	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
	Rest Day	Tri Chicks Training Night or Swim 400-500m (16-20 lengths of a 25m pool)	Bike 45 mins	Run/Walk 40 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 35 mins Run/Walk 8 mins off the bike	Open water swim and/or Run/Walk 30 mins
Week 9	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
	Rest Day	Tri Chicks Training Night or Swim 500m (20 lengths of a 25m pool)	Bike 30 mins	Run/Walk 25 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 40 mins Run/Walk 10 mins off the bike	Open water swim and/or Run/Walk 30 mins
Week 10	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
	Rest Day	Tri Chicks Training Night or Swim 500m (20 lengths of a 25m pool)	Bike 10kms	Run/Walk 4kms	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 50 mins Run/Walk 10 mins off the bike	Open water swim and/or Run/Walk 30 mins
Week 11	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
	Rest Day	Tri Chicks Training Night or Swim 500m then Bike 20 mins	Bike 35 mins	Run/Walk 30 mins	Swim 400-500m (16-20 lengths of a 25m pool)	Bike 45 mins Run/Walk 15 mins off the bike	Open water swim then Run/Walk 20 mins
Week 12	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
	Rest Day	Tri Chicks Training Night or Swim 500m (20 lengths of a 25m pool)	Run/Walk 25 mins	Bike 10kms	Day Off	Bike 15 mins Run/Walk 5 mins	RACE DAY 400m Swim, 10km bike, 4km Run/Walk

Notes:

- For the 17, 24, 31 Jan and 7 Feb sessions: Try & swim as far as possible without stopping & practise head up breathing/sighting
- Week 9 is an easy week
- For the open water sessions, just get used to swimming in the open water. Time and distance doesn't matter
- For Tri Chicks Training sessions please refer to the separate training calendar found in the training section on www.trichicks.co.nz