

# April Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

## April's Triathlon Tip:

- Do you have a good pair of swim goggles to use during the swim portion of the race? Find a pair of goggles that fits comfortably on your face, and [CLICK HERE](#) for a FREE week coupon for the Doylestown YMCA to practice swimming in their pool.

	1 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-16 &amp; Bike-16</b>	2 <b>REST</b>	3 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run 17</b>	4 <b>REST</b>	5 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-22</b>	6 <b>REST</b>
7 <b>REST</b>	8 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-17 &amp; Bike 17</b>	9 <b>REST</b>	10 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-18</b>	11 <b>REST</b>	12 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-24</b>	13 <b>REST</b>
14 <b>REST</b>	15 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-18 &amp; Bike-18</b>	16 <b>REST</b>	17 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-19</b>	18 <b>REST</b>	19 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-26</b>	20 <b>REST</b>
21 <b>REST</b>	22 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-19 &amp; Bike-19</b>	23 <b>REST</b>	24 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-20</b>	25 <b>REST</b>	26 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-28</b>	27 <b>REST</b>
28 <b>REST</b>	29 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-20 &amp; Bike-20</b>	30 <b>REST</b>	<p><b>Central Bucks Kids Triathlon Training Plan Overview:</b></p> <ul style="list-style-type: none"> <li>- Watch and complete the <a href="#">Warm-Up Stretch Video</a> before each workout.</li> <li>- All activity times are in minutes.</li> <li>- Rest days should be taken to allow for proper recovery.</li> <li>- The activities listed on the training plan are not required, but are provided as a method to help prepare for the race.</li> </ul>			