

# April Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April's Triathlon Tip:</b> - 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 <a href="#">CLICK HERE</a> for a FREE week coupon for the Doylestown YMCA to practice swimming in their pool.						1 <b>REST</b>
2 <b>REST</b>	3 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-16 &amp; Bike-16</b>	4 <b>REST</b>	5 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run 17</b>	6 <b>REST</b>	7 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-22</b>	8 <b>REST</b>
9 <b>REST</b>	10 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-17 &amp; Bike 17</b>	11 <b>REST</b>	12 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-18</b>	13 <b>REST</b>	14 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-24</b>	15 <b>REST</b>
16 <b>REST</b>	17 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-18 &amp; Bike-18</b>	18 <b>REST</b>	19 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-19</b>	20 <b>REST</b>	21 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-26</b>	22 <b>REST</b>
23 <b>REST</b>	24 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-19 &amp; Bike-19</b>	25 <b>REST</b>	26 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Run-20</b>	27 <b>REST</b>	28 <a href="#">Warm-Up Stretch Video</a> Activity – Time: <b>Bike-28</b>	29
30	<b>Central Bucks Kids Triathlon Training Plan Overview:</b> - Watch and complete the <a href="#">Warm-Up Stretch Video</a> before each workout. - All activity times are in minutes. - Rest days should be taken to allow for proper recovery. - The activities listed on the training plan are not required, but are provided as a method to help prepare for the race.					