

February Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February Triathlon Tip: - Now is the time to make sure your bike is ready for the race. Check the tires, chain, and pedals to make sure everything works!			1 Activity – Time: Run-10	2 REST	3 Activity – Time: Bike-16	4 REST
5 REST	6 <u>Warm-Up Stretch Video</u> Activity – Time: Run-10 & Bike-10	7 REST	8 <u>Warm-Up Stretch Video</u> Activity – Time: Run 12	9 REST	10 <u>Warm-Up Stretch Video</u> Activity – Time: Bike-18	11 REST
12 REST	13 <u>Warm-Up Stretch Video</u> Activity – Time: Run-11 & Bike 10	14 REST	15 <u>Warm-Up Stretch Video</u> Activity – Time: Run-14	16 REST	17 <u>Warm-Up Stretch Video</u> Activity – Time: Bike-20	18 REST
19 REST	20 <u>Warm-Up Stretch Video</u> Activity – Time: Run-11 & Bike-11	21 REST	22 <u>Warm-Up Stretch Video</u> Activity – Time: Run-15	23 REST	24 <u>Warm-Up Stretch Video</u> Activity – Time: Bike-22	25 REST
26 REST	27 <u>Warm-Up Stretch Video</u> Activity – Time: Run-12 & Bike-11	28 REST	Central Bucks Kids Triathlon Training Plan Overview: - Watch and complete the <u>Warm-Up Stretch Video</u> 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.			