

# February Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 <b>minutes</b>.</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>				1	2	3
				REST	Activity – Time: Bike-15	REST
4	5	6	7	8	9	10
REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-10 & Bike-10	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run 12	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-18	REST
11	12	13	14	15	16	17
REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-11 & Bike 10	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-14	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-20	REST
18	19	20	21	22	23	24
REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-11 & Bike-11	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-15	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-22	REST
25	26	27	28	29	<p><b>February Triathlon Tip:</b></p> <ul style="list-style-type: none"> <li>- 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!</li> </ul>	
REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-12 & Bike-11	REST	<a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-12 & Bike-11	REST		