

March Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March Triathlon Tip: - Now is the time to make sure you have a good pair of sneakers to use during your training and the race. Your sneakers should feel comfortable and should not be too big for your feet.			1 Activity – Time: Run-16	2 REST	3 Activity – Time: Bike-20	4 REST
5 REST	6 Warm-Up Stretch Video Activity – Time: Run-12 & Bike-12	7 REST	8 Warm-Up Stretch Video Activity – Time: Run 17	9 REST	10 Warm-Up Stretch Video Activity – Time: Bike-22	11 REST
12 REST	13 Warm-Up Stretch Video Activity – Time: Run-13 & Bike 13	14 REST	15 Warm-Up Stretch Video Activity – Time: Run-18	16 REST	17 Warm-Up Stretch Video Activity – Time: Bike-24	18 REST
19 REST	20 Warm-Up Stretch Video Activity – Time: Run-14 & Bike-14	21 REST	22 Warm-Up Stretch Video Activity – Time: Run-19	23 REST	24 Warm-Up Stretch Video Activity – Time: Bike-26	25 REST
26 REST	27 Warm-Up Stretch Video Activity – Time: Run-15 & Bike-15	28 REST	29 Warm-Up Stretch Video Activity – Time: Run-20	30 REST	31 Warm-Up Stretch Video Activity – Time: Bike-28	

Central Bucks Kids Triathlon Training Plan Overview:

- Watch and complete the [Warm-Up Stretch Video](#) 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.