

# May Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May's Triathlon Tip:</b> - Its time to check all your race gear. Make sure your bike is in good working order, your sneakers fit properly, and you have a swimsuit ready to go. Also <a href="#">CLICK HERE</a> 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: Run 19	2 REST	3 <a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-22	4 REST
5 REST	6 <a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-15 & Bike 15	7 REST	8 <a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-15	9 REST	10 <a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-15	11 REST
12 REST	13 RACE WEEK TAPER <a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-10 & Bike-10	14 REST	15 RACE WEEK TAPER <a href="#">Warm-Up Stretch Video</a> Activity – Time: Run-10	16 REST	17 RACE WEEK TAPER <a href="#">Warm-Up Stretch Video</a> Activity – Time: Bike-10	18 GET A GOOD NIGHT'S SLEEP!
19 RACE DAY!						
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.					