

May Triathlon Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May's Triathlon Tip: - 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 CLICK HERE for a FREE week coupon for the Doylestown YMCA to practice swimming in their pool.						
	1 Warm-Up Stretch Video Activity – Time: Run-18 & Bike-18	2 REST	3 Warm-Up Stretch Video Activity – Time: Run 19	4 REST	5 Warm-Up Stretch Video Activity – Time: Bike-22	6 REST
7	8 Warm-Up Stretch Video Activity – Time: Run-15 & Bike 15	9 REST	10 Warm-Up Stretch Video Activity – Time: Run-15	11 REST	12 Warm-Up Stretch Video Activity – Time: Bike-15	13 REST
14	15 RACE WEEK TAPER Warm-Up Stretch Video Activity – Time: Run-10 & Bike-10	16 REST	17 RACE WEEK TAPER Warm-Up Stretch Video Activity – Time: Run-10	18 REST	19 RACE WEEK TAPER Warm-Up Stretch Video Activity – Time: Bike-10	20 GET A GOOD NIGHT'S SLEEP!
21	RACE DAY!					
30	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.					

