



TRYTRAINER PROGRAMME
BEGINNER



TRY TRAINER TRAINING PLAN – BEGINNER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool			15min with an adult in a pool – make sure you practice your technique Do a couple of lengths kicking only Do a couple of lengths very fast 30min of fun playing in the pool			
BIKE		REST DAY	10min ride on a school field or local park – practice some zigzagging and hand signals			REST DAY	15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand.
RUN			4min run off the bike – practice your transition from bike to run; taking off your helmet		10 minute continuous run (try not to stop)		



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SWIM	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool			10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool			
BIKE		REST DAY	10min ride on a school field or local park – practice some zigzagging and hand signals			REST DAY	15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand.
RUN			3min fun off the bike – practice your transition from bike to run; taking off your helmet		10 minute continuous run (try not to stop)		



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool			10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool			
BIKE		REST DAY	10min ride on a school field or local park – practice some zigzagging and hand signals			REST DAY	20min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand, try going as fast as you can for 1min corners, going down a hill and riding with one hand.
RUN			5min fun off the bike – practice your transition from bike to run; taking off your helmet		12 minute continuous run (try not to stop)		400M Run



TRY TRAINER TRAINING PLAN - BEGINNER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	5min including 4*1 lap freestyle sprinting			5min including 4*1 lap freestyle sprinting			
BIKE		10min ride - practice some fast and slow riding	REST DAY		REST DAY	REST DAY	EVENT
RUN	5 min jog			5 min jog			