



TRYTRAINER PROGRAMME
INTERMEDIATE



TRY TRAINER TRAINING PLAN – INTERMEDIATE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	8min 1 lap freestyle 1 lap of breaststroke 4 * ½ lap freestyle sprinting			10min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this	Long swim 15min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. Once through: 50m swim
BIKE		10min ride	REST DAY	15min long ride – find some rolling hills possibly on a school field	10 minute continuous run (try not to stop)	REST DAY	1km Bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	3min moderate run Off the bike – practice your transition from bike to run; taking off your helmet			10 minute continuous run (try not to stop)		400m Run



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	10min 2 lap freestyle 2 lap of breaststroke 4 * ½ lap freestyle sprinting			10min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this	Long swim 20min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. Once through: 50m swim
BIKE		10min ride	REST DAY	12min long ride – find some rolling hills possibly on a school field		REST DAY	1km bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	4min moderate 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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	12min 3 lap freestyle 2 lap of breaststroke 4 * ½ lap freestyle sprinting			15min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this.	Long swim 20min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. Once through: 50m swim
BIKE		10min ride	REST DAY	15min long ride – find some rolling hills possibly on a school field		REST DAY	1km bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	5min moderate 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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	8min 4 laps freestyle 2 laps of backstroke 4* a lap freestyle sprinting			10min 1 lap freestyle 1 lap backstroke 2 lengths non-stop kick 4 x 1 lap very fast with 20seconds rest between each 4 laps choice warm down			
BIKE		15min ride with 2 x 30 second sprints	REST DAY		REST DAY	REST DAY	EVENT
RUN	10 min jog + drills (like high knees, butt kicks, skipping etc).	Off the bike: 5min running with 4 x 100m sprints		10 min jog			