










**TRYTRAINER PROGRAMME**  
**ADVANCED**



# TRY TRAINER TRAINING PLAN – ADVANCED










	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	8min 4 laps freestyle 2 laps of backstroke 4 * 1/2 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.		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.			10min continuous run (try not to stop).		400m run.
Fuel							
Completed <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Enjoy a glass of Anchor post workout. With high quality protein in every glass, it's the perfect fuel for your muscles.



# TRY TRAINER TRAINING PLAN – ADVANCED










	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	12min 4 laps freestyle 2 laps of backstroke 4 * 1/2 lap freestyle sprinting.			15min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as far 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. 3 times through: 50m swim.
Bike		12min 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).	4min moderate run off the bike – practice your transition from bike to run; taking off your helmet.			15min continuous run (try not to stop).		400m run.
Fuel							
Completed <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	15min 4 laps freestyle 2 laps of backstroke 4 * 1/2 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. 3 times through: 50m swim.
Bike		10min ride.	REST DAY	20min long ride – find some rolling hills possibly on a school field.		REST DAY	1km bike.
Run	10min jog + 400m run 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.		10min continuous run (try not to stop).	400m run.		
Fuel							
Completed <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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# TRY TRAINER TRAINING PLAN – ADVANCED



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	10min 4 laps freestyle 2 laps of backstroke 4 * 1/2 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 3 x 30 second sprints.	<b>REST DAY</b>		<b>REST DAY</b>	<b>REST DAY</b>	<b>EVENT</b>
Run	10min jog + drills (like high knees, butt kicks, skipping etc).	Off the bike: 5min running with 6 x 100m sprints.		10min jog.			
Fuel							
Completed <input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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