










**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.		10min continuous run (try not to stop).		
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.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	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.			
<b>Bike</b>		<b>REST DAY</b>	10min ride on a school field or local park – practice some zigzagging and hand signals.			<b>REST DAY</b>	15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand.
<b>Run</b>			3min fun off the bike – practice your transition from bike to run; taking off your helmet.		10min continuous run (try not to stop).		
<b>Fuel</b>							
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	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		<b>REST DAY</b>	10min ride on a school field or local park – practice some zigzagging and hand signals.			<b>REST DAY</b>	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.		12min 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	5min including 4*1 lap freestyle sprinting.			5min including 4*1 lap freestyle sprinting.			
Bike		10min ride – practice some fast and slow riding.	<b>REST DAY</b>		<b>REST DAY</b>	<b>REST DAY</b>	<b>EVENT</b>
Run	5min jog.			5min 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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