

CAYUGA LAKE TRIATHLON - SPRINT DISTANCE - 17 WEEK TRAINING PLAN

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly events
4/6/09	Swim - 15 min	Bike - 30 min	Run - 15 min	Swim - 20 min	Off	Bike - 30 min	Run - 15 min	
4/13/09	Swim - 20 min	Bike - 30 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
4/20/09	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 25 min	Off	Bike - 40 min	Run - 20 min	
4/27/09	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
5/4/09	Swim - 20 min	Bike - 35 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
5/11/09	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 30 min	Off	Bike - 40 min	Run - 25 min	
5/18/09	Swim - 25 min	Bike - 35 min	Run - 20 min	Swim - 30 min	Off	Bike - 50 min	Run - 20 min	
5/25/09	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
6/1/09	Swim - 25 min	Bike - 30 min	Run - 25 min	Swim - 30 min	Off	Bike - 40 min	Run - 30 min	
6/8/09	Swim - 25 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 35 min	
6/15/09	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 30 min	
6/22/09	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
6/29/09	Swim - 30 min	Bike - 20 min	Bike/Run Event	Swim - 25 min	Off	Bike - 40 min	Run - 40 min	
7/6/09	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 25 min	Off	Bike - 60 min	Run - 30 min	
7/13/09	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 35min	
7/20/09	Swim - 40 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 30min	
7/27/09	Off	Bike - 30 min	Bike/Run Event	Swim - 15 min	Off	Bike - 20 min	RACE!	Cayuga Lake Triathlon - 8/2/09!