

CAYUGA LAKE TRIATHLON - SPRINT DISTANCE - 17 WEEK TRAINING PLAN

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly events
4/5/10	Swim - 15 min	Bike - 30 min	Run - 15 min	Swim - 20 min	Off	Bike - 30 min	Run - 15 min	
4/12/10	Swim - 20 min	Bike - 30 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
4/19/10	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 25 min	Off	Bike - 40 min	Run - 20 min	
4/26/10	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
5/3/10	Swim - 20 min	Bike - 35 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
5/10/10	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 30 min	Off	Bike - 40 min	Run - 25 min	
5/17/10	Swim - 25 min	Bike - 35 min	Run - 20 min	Swim - 30 min	Off	Bike - 50 min	Run - 20 min	
5/24/10	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
5/31/10	Swim - 25 min	Bike - 30 min	Run - 25 min	Swim - 30 min	Off	Bike - 40 min	Run - 30 min	
6/7/10	Swim - 25 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 35 min	
6/14/10	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 30 min	
6/21/10	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
6/28/10	Swim - 30 min	Bike - 20 min	Bike/Run Event	Swim - 25 min	Off	Bike - 40 min	Run - 40 min	
7/5/10	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 25 min	Off	Bike - 60 min	Run - 30 min	
7/12/10	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 35min	
7/19/10	Swim - 40 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 30min	
7/26/10	Off	Bike - 30 min	Bike/Run Event	Swim - 15 min	Off	Bike - 20 min	RACE!	Cayuga Lake Triathlon - 8/1/10!