

CAYUGA LAKE TRIATHLON - SPRINT DISTANCE - 17 WEEK TRAINING PLAN

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly events
4/7/2008	Swim - 15 min	Bike - 30 min	Run - 15 min	Swim - 20 min	Off	Bike - 30 min	Run - 15 min	
4/14/2008	Swim - 20 min	Bike - 30 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
4/21/2008	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 25 min	Off	Bike - 40 min	Run - 20 min	
4/28/2008	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
5/5/2008	Swim - 20 min	Bike - 35 min	Run - 15 min	Swim - 25 min	Off	Bike - 30 min	Run - 20 min	
5/12/2008	Swim - 25 min	Bike - 30 min	Run - 20 min	Swim - 30 min	Off	Bike - 40 min	Run - 25 min	
5/19/2008	Swim - 25 min	Bike - 35 min	Run - 20 min	Swim - 30 min	Off	Bike - 50 min	Run - 20 min	
5/26/2008	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
6/2/2008	Swim - 25 min	Bike - 30 min	Run - 25 min	Swim - 30 min	Off	Bike - 40 min	Run - 30 min	
6/9/2008	Swim - 25 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 35 min	
6/16/2008	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 30 min	
6/23/2008	Off	Bike - 30 min	Run - 10 min	Swim - 20 min	Off	Bike - 30 min	Run - 10 min	
6/30/2008	Swim - 30 min	Bike - 20 min	Bike/Run Event	Swim - 25 min	Off	Bike - 40 min	Run - 40 min	
7/7/2008	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 25 min	Off	Bike - 60 min	Run - 30 min	
7/14/2008	Swim - 30 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 50 min	Run - 35min	
7/21/2008	Swim - 40 min	Bike - 30 min	Bike/Run Event	Swim - 20 min	Off	Bike - 40 min	Run - 30min	
7/28/2008	Off	Bike - 30 min	Bike/Run Event	Swim - 15 min	Off	Bike - 20 min	RACE!	Cayuga Lake Triathlon - 8/3/08!