

CAYUGA LAKE TRIATHLON – SPRINT DISTANCE – 18-WEEK TRAINING PLAN

Weeks before tri	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18	Swim – 15 min	Bike 25 min	Run – 15 min	Swim – 15 min	Off	Bike – 30 min	Run – 15 min
17	Swim – 15 min	Bike – 30 min	Run – 15 min	Swim – 20 min	Off	Bike – 30 min	Run – 15 min
16	Swim – 20 min	Bike – 30 min	Run – 15 min	Swim – 25 min	Off	Bike – 30 min	Run – 20 min
15	Swim - 25 min	Bike – 30 min	Run – 20 min	Swim – 25 min	Off	Bike – 40 min	Run – 20 min
14	Off	Bike – 30 min	Run – 10 min	Swim – 20 min	Off	Bike – 30 min	Run – 10 min
13	Swim – 20 min	Bike – 35 min	Run – 15 min	Swim – 25 min	Off	Bike – 30 min	Run – 20 min
12	Swim – 25 min	Bike – 30 min	Run – 20 min	Swim – 30 min	Off	Bike – 40 min	Run – 25 min
11	Swim – 25 min	Bike – 35 min	Run – 20 min	Swim – 30 min	Off	Bike – 50 min	Run – 20 min
10	Off	Bike – 30 min	Run – 10 min	Swim – 20 min	Off	Bike – 30 min	Run – 10 min
9	Swim – 25 min	Bike – 30 min	Run – 25 min	Swim – 30 min	Off	Bike – 40 min	Run – 30 min
8	Swim – 25 min	Bike – 30 min	Bike/Run Brick	Swim – 20 min	Off	Bike – 40 min	Run – 35 min
7	Swim – 30 min	Bike – 30 min	Bike/Run Brick	Swim – 20 min	Off	Bike – 50 min	Run – 30 min
6	Off	Bike – 30 min	Run – 10 min	Swim – 20 min	Off	Bike – 30 min	Run – 10 min
5	Swim - 30 min	Bike – 20 min	Bike/Run Brick	Swim – 25 min	Off	Bike – 40 min	Run – 40 min
4	Swim – 30 min	Bike – 30 min	Bike/Run Brick	Swim – 25 min	Off	Bike – 60 min	Run – 30 min
3	Swim – 30 min	Bike – 30 min	Bike/Run Brick	Swim – 20 min	Off	Bike – 50 min	Run – 35 min
2	Swim – 40 min	Bike – 30 min	Bike/Run Brick	Swim – 20 min	Off	Bike – 40 min	Run – 30 min
1	Off	Bike – 30 min	Off	Swim – 15 min	Off	Bike – 20 min	Cayuga Lake Triathlon