

TRAINING PLAN 2019



31.08.19

FARRAN WOODS, CORK, 1PM

SWIM / CYCLE / RUN / VOLUNTEER

**YOU DON'T NEED A TEAM TO TAKE PART?
SIGN UP TODAY FOR THE RUN, CYCLE OR SWIM!**

800m SWIM

TIPS

- Warm up 5 minutes
- Focus on breathing out consistently
- Don't restrict on carbs and fats as this will leave you feeling tired and unable to train

WEEK	DAY	EXERCISE	COMPLETED
1	1	Swim 50m, Rest 1.5 Min X 2	
	2	Swim 50m, Rest 1.5 Min X 2	
2	1	Swim 50m, Rest 1 Min X 2	
	2	Swim 50m, Rest 1 Min X 2	
3	1	Swim 100m, Rest 1 Min X 2	
	2	Swim 100m, Rest 1 Min X 2	
4	1	Swim 200m, Rest 1 Min X 2	
	2	Swim 200m, Rest 1 Min X 2	
5	1	Swim 200m, Rest 5 Min X 2	
	2	Swim 200m, Rest 5 Min X 2	
6	1	Swim 300m, Rest 1 Min X 2	
	2	Swim 300m, Rest 1 Min X 2	
7	1	Swim 400m, Rest 1 Min X 2	
	2	Swim 400m, Rest 1 Min X 2	
8	1	Swim 500m	
	2	Swim 500m	
9	1	Swim 600m	
	2	Swim 600m	
10	1	Swim 650m	
	2	Swim 650m	
11	1	Swim 700m	
	2	Swim 700m	
Event Day		Swim 800m	



**FAMILY FUN
EVENT ON THE DAY
OF THE TRIATHLON**

**HELP RAISE FUNDS FOR THESE
DESERVING CHARITIES**

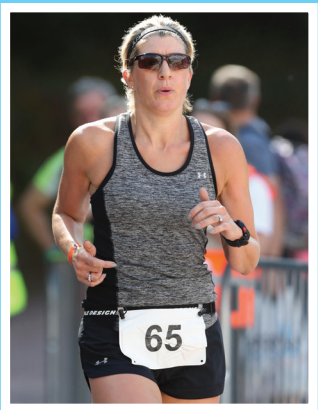
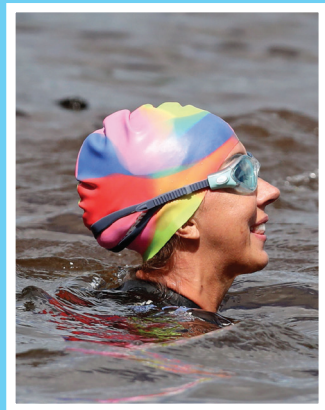


20k CYCLE

TIPS

- Don't forget your helmet
- Hydrate properly when cycling
- Specific strength training will enhance your cycling

WEEK	DAY	EXERCISE	COMPLETED
1	1	30 Min Spin Using Low Gears + Core	
	2	30 Min Spin Using Low Gears + Core	
2	1	35 Min Spin Using Low Gears + Core	
	2	35 Min Spin Using Low Gears + Core	
3	1	40 Min Spin Moderate Gears + Core	
	2	40 Min Spin Moderate Gears + Core	
4	1	45 Min Spin Moderate Gears + Core	
	2	45 Min Spin Moderate Gears + Core	
5	1	45 Min Spin Increased Gears + Core	
	2	45 Min Spin Increased Gears + Core	
6	1	50 Min Spin Increased Gears	
	2	50 Min Spin Increased Gears	
7	1	60 Min Spin Moderate Gears	
	2	60 Min Spin Moderate Gears	
8	1	70 Min Spin Increased Gears	
	2	70 Min Spin Increased Gears	
9	1	80 Min Spin Moderate Gears + Core	
	2	80 Min Spin Moderate Gears + Core	
Event Day		Cycle 20k	



5k RUN

TIPS

- Avoid running on consecutive days
- Try to maintain an even pace
- Feeling pain in the arch of your foot?
Wear supportive shoes

Week	DAY	EXERCISE	COMPLETED
1	1	1.5 Min Walk, 1 Min Run X 8	
	2	1.5 Min Walk, 1 Min Run X 8	
	3	1.5 Min Walk, 1 Min Run X 8	
2	1	2 Min Walk, 1.5 Min Run X 8	
	2	2 Min Walk, 1.5 Min Run X 8	
	3	2 Min Walk, 1.5 Min Run X 8	
3	1	2 Min Walk, 2 Min Run X 8	
	2	3 Min Walk, 3 Min Run X 8	
	3	3 Min Walk, 3 Min Run X 8	
4	1	2.5 Min Walk, 5 Min Run X 6	
	2	2.5 Min Walk, 5 Min Run X 6	
	3	2.5 Min Walk, 5 Min Run X 6	
5	1	10 Min Walk, 10 Min Run X 3	
	2	10 Min Walk, 10 Min Run X 3	
	3	10 Min Walk, 10 Min Run X 3	
6	1	5 Min Walk, 10 Min Walk X 2	
	2	5 Min Walk, 10 Min Walk X 2	
	3	5 Min Walk, 10 Min Walk X 2	
7	1	5 Min Walk, 25 Min Run	
	2	5 Min Walk, 25 Min Run	
	3	5 Min Walk, 25 Min Run	
8	1	5 Min Walk, 28 Min Run	
	2	5 Min Walk, 28 Min Run	
	3	5 Min Walk, 28 Min Run	
9	1	5 Min Walk, 30 Min Run	
	2	5 Min Walk, 30 Min Run	
	3	5 Min Walk, 30 Min Run	
Event Day		Run 5k	