

Franklin Primary Schools Triathlon



SIX WEEK TRAINING PROGRAMME 11 - 12 YEAR OLDS
200m SWIM - 8km BIKE - 2km RUN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
Week 1 Swim	Swim 5 lengths of freestyle in your school pool without stopping	No Swim	Swim 5 lengths of freestyle in your school pool without stopping	No Swim	Swim for around 30mins - have fun - practice your strokes; freestyle, backstroke, kicking, breathing etc	No Swim	Rest Day
Week 1 Ride	No Ride	Ride for 15mins	No Ride	Ride for 15mins	No Ride	Ride for 15mins	Rest Day
Week 1 Run	No Run	5mins continuous running (off the bike)	No Run	5mins continuous running (off the bike)	Go for a walk with your family for around 30mins	5mins continuous running (off the bike)	Rest Day
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Week 2 Swim	Swim 10 lengths of freestyle in your school pool without stopping	No Swim	Swim 10 lengths of freestyle in your school pool without stopping	No Swim	Swim for around 30mins - have fun - practice your strokes; freestyle, backstroke, kicking, breathing etc	No Swim	Rest Day
Week 2 Ride	No Ride	Ride for 20mins	No Ride	Ride for 20mins	No Ride	Ride for 20mins	Rest Day
Week 2 Run	No Run	7mins continuous running (off the bike)	No Run	7mins continuous running (off the bike)	Go for a walk with your family for around 30mins	7mins continuous running (off the bike)	Rest Day

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
Week 3 Swim	Swim 15 lengths of freestyle in your school pool without stopping	No Swim	Swim 15 lengths of freestyle in your school pool without stopping	No Swim	Swim for around 30mins - have fun - practice your strokes; freestyle, backstroke, kicking, breathing etc	No Swim	Rest Day
Week 3 Ride	No Ride	Ride for 25mins	No Ride	Ride for 25mins	No Ride	Ride for 25mins	Rest Day
Week 3 Run	No Run	10mins continuous running (off the bike)	No Run	10mins continuous running (off the bike)	Go for a walk with your family for around 40mins	10mins continuous running (off the bike)	Rest Day
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
Week 4 Swim	Swim 20 lengths of freestyle in your school pool without stopping	No Swim	Swim 20 lengths of freestyle in your school pool without stopping	No Swim	Swim for around 30mins - have fun - practice your strokes; freestyle, backstroke, kicking, breathing etc	Swim 200metres - Test yourself out at Clarks Beach with a Swim, Ride and a Run - make sure you check the tides and take an adult	Rest Day
Week 4 Ride	No Ride	Ride for 30mins	No Ride	Ride for 30mins	No Ride	Ride for 30mins	Rest Day
Week 4 Run	No Run	15mins continuous running (off the bike)	No Run	15mins continuous running (off the bike)	Go for a walk with your family for around 40mins	15mins continuous running (off the bike)	Rest Day

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Week 5 Swim	Swim 25 lengths of freestyle in your school pool without stopping	No Swim	Swim 25 lengths of freestyle in your school pool without stopping	No Swim	Swim for around 30mins - have fun - practice your strokes; freestyle, backstroke, kicking, breathing etc	Swim 200metres - Test yourself out at Clarks Beach with a Swim, Ride and Run - make sure you check the tides and take an adult	No Swim
Week 5 Ride	No Ride	Ride for 35mins	No Ride	Ride for 35mins	No Ride	Ride for 35mins	No Ride
Week 5 Run	No Run	Run for 20mins continuous running (off the bike)	No Run	Run for 20mins continuous running (off the bike)	Go for a walk with your family for around 40mins	Run for 20mins continuous running (off the bike)	Go for a walk with your family for around 40mins
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
Week 6 Swim	Rest Day	<u>Race Day - GOOD LUCK!</u>	Rest Day	Resume your training when you are ready			
Week 6 Ride	Rest Day	<u>Race Day</u>	Rest Day	Resume your training when you are ready			
Week 6 Run	Rest Day	<u>Race Day</u>	Rest Day	Resume your training when you are ready			