

## 4 Week Build up Triathlon Training Program

Thinking about trying a tri? Lacking some confidence on getting there? This 4 week jump start program will get you fit and ready to start your 6-14 week triathlon training program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week#1</b>						
R=20 minutes	Rest Day	S=5 laps R=15 minutes	B=15 minutes	S=5 laps R=15 minutes	Rest Day	B=15 minutes
<b>Week#2</b>						
R=20 minutes	Rest Day	S=6 laps R=15 minutes	B=15 minutes	S=6 laps R=15 minutes	Rest Day	B=20 minutes
<b>Week#3</b>						
R=20 minutes	Rest Day	S=8 laps R=20 minutes	B=20 minutes	S=8 laps R=20 minutes	Rest Day	<b>Brick Workout</b> B=20 min Run=5 min.
<b>Week#4</b>						
R=20 minutes	Rest Day	S=10 laps R=20 minutes	B=20 minutes	S=10 laps R=20 minutes	Rest Day	<b>Brick workout:</b> B=20 Run=10