

| March Triathlon Training Program | | | | | | |
|--|--|---------|---|----------|--|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| <div>Central Bucks Kids Triathlon Training Plan Overview:</div> <div><div>- Watch and complete the Warm-Up Stretch Video before each workout.</div><div>- All activity times are in minutes.</div><div>- Rest days should be taken to allow for proper recovery.</div><div>- The activities listed on the training plan are not required, but are provided as a method to help prepare for the race.</div></div> | | | | | | 1 |
| 2 | 3 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-12 & Bike-12</div> | 4 | 5 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run 17</div> | 6 | 7 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Bike-22</div> | 8 |
| 9 | 10 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-13 & Bike 13</div> | 11 | 12 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-18</div> | 13 | 14 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Bike-24</div> | 15 |
| 16 | 17 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-14 & Bike-14</div> | 18 | 19 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-19</div> | 20 | 21 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Bike-26</div> | 22 |
| 23 | 24 / 31 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-15 & Bike-15</div> | 25 | 26 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Run-20</div> | 27 | 28 <div>Warm-Up Stretch Video</div> <div>Activity – Time:</div> <div>Bike-28</div> | 29 |
| 30 | | | | | | |

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| 30 | | | | | | |

March Triathlon Tip:

Now is the time to make sure you have a good pair of sneakers to use during your training and the race. Your sneakers should feel comfortable and should not be too big for your feet.