

# May Triathlon Training Program

| Sunday   | Monday  | Tuesday                   | Wednesday  | Thursday                  | Friday  | Saturday                          |
|--|---|---------------------------|--|---------------------------|---|-----------------------------------|
| <b>May's Triathlon Tip:</b><br>- Its time to check all your race gear. Make sure your bike is in good working order, your sneakers fit properly, and you have a swimsuit ready to go. Also <a href="#">CLICK HERE</a> for a FREE week coupon for the Doylestown YMCA to practice swimming in their pool. |   |                           |  |                           |   |                                   |
|  |   |                           | <a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run 19</b>                     | 1<br><br>REST             | 2<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Bike-22</b>  | 3<br><br>REST                     |
| 4<br><br>REST  | 5<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-15 &amp; Bike 15</b>               | 6<br><br>REST             | 7<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-15</b>                | 8<br><br>REST             | 9<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Bike-15</b>  | 10<br><br>REST                    |
| 11<br><br>REST   | 12<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-10 &amp; Bike-10</b>              | 13<br><br>REST            | 14<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-10</b>               | 15<br><br>REST            | 16<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Bike-10</b> | 17<br><br>REST                    |
| 18<br><br>REST   | <a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-12 &amp; Bike-12</b>                    | 20<br><br>REST            | 21<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-12</b>               | 22<br><br>REST            | 23<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-12</b>  | 24<br><br>REST                    |
| 25<br><br>REST   | 26<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-10 &amp; Bike-10</b>              | 27<br><br>REST            | 28<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-10</b>               | 29<br><br>REST            | 30<br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Bike-10</b> | 31<br><br>REST                    |
| 1 – RACE WEEK<br><br>REST  | 2 – RACE WEEK<br><br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-8 &amp; Bike 8</b> | 3 – RACE WEEK<br><br>REST | 4 – RACE WEEK<br><br><a href="#">Warm-Up Stretch Video</a><br>Activity – Time:<br><b>Run-5</b> | 5 – RACE WEEK<br><br>REST | 6 – RACE WEEK<br><br>REST   | 7<br><br>GET A GOOD NIGHT'S SLEEP |

Central Bucks Kids Triathlon Training Plan Overview:

- Watch and complete the [Warm-Up Stretch Video](#) before each workout.
- All activity times are in minutes.
- Rest days should be taken to allow for proper recovery.
- The activities listed on the training plan are not required, but are provided as a method to help prepare for the race.