















Kids Triathlon 4 Week Training Plan



Tick off your daily sessions as you get fitter, stronger and triathlon ready

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st week	15-20 mins <input type="checkbox"/> Go for a bike ride 	10-15 mins <input type="checkbox"/> Run steady	All day <input type="checkbox"/> Rest, eat healthy & drink lots of water	2-3 laps <input type="checkbox"/> Swim leisurely 	30 mins <input type="checkbox"/> Kick a ball around with friends or family	15-20 mins <input type="checkbox"/> Go for a bike ride 	All day <input type="checkbox"/> Rest, eat healthy & drink lots of water 
2nd week	30 mins <input type="checkbox"/> Go for a walk with family or friends	10-15 mins <input type="checkbox"/> Run steady 	10 mins <input type="checkbox"/> Stretch 	15-20 mins <input type="checkbox"/> Go for a bike ride 	2-3 laps <input type="checkbox"/> Swim but after the first lap swim harder 	Morning <input type="checkbox"/> Play a sport with friends	Practice <input type="checkbox"/> Swim then put on shoes quickly and ride bike
3rd week	All day <input type="checkbox"/> Rest, eat healthy & drink lots of water 	3-4 laps <input type="checkbox"/> Swim 1 lap warm up 2 laps hard 1 lap cool down	Mix it up <input type="checkbox"/> Ride bike 15-20 mins then jog 10-15 mins	15 mins <input type="checkbox"/> Stretch 	Mix it up <input type="checkbox"/> Swim 2-3 laps then jog 10-15 mins	Morning <input type="checkbox"/> Play a sport with friends 	Practice <input type="checkbox"/> Swim then get in & out of bike gear & go for a run
Final week	Mix it up <input type="checkbox"/> Ride bike 15-20 mins then run 10-15 mins	Mix it up <input type="checkbox"/> Swim 2-3 Laps then jog 10-15 mins 	15 mins <input type="checkbox"/> Stretch 	10-15 mins <input type="checkbox"/> Run slowly and then check gear for event	All day <input type="checkbox"/> Rest, eat healthy & drink lots of water 	Event day Have fun & do your best 