

June 2019 - JGT Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 swim 1	4 bike 1	5 run 1	6 swim 2	7 bike 2	8 run 1
9 off	10 swim 3	11 bike 1	12 run 2	13 swim 2	14 bike 3	15 run 3
16 off	17 swim 1	18 bike 2	19 run 1	20 swim 3	21 bike 1	22 run 2
23 off	24 bike 2	25 bike run	26 run 1	27 swim 2	28 bike 1	29 swim bike
30 run 2						

July 2019 - JGT Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 off	2 swim 3	3 bike 1	4 run 1	5 swim 1	6 bike 3
7 run 3	8 off	9 swim 2	10 bike 2	11 run 2	12 swim 3	13 swim bike
14 run 3	15 off	16 swim 2	17 bike 1	18 run 1	19 swim 1	20 bike 3
21 bike run	22 off	23 swim 3	24 bike 2	25 bike 3	26 run 1	27 open water swim/bike
28 bike run	29 swim 1	30 bike 3	31 bike 2			

August 2019 - JGT Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 run 2	2 swim 1	3 open water swim/bike
4 bike run	5 off	6 swim 2	7 bike 1	8 run 1	9 off	10 swim bike run
11 race prep swim bike run	12 off	13 swim 1	14 bike 1	15 run 1	16 swim 3	17 bike 2
18 run 2	19 swim 2	20 bike 1	21 run 1	22 swim 1	23 off	24 swim bike run
25 Jack's Generic Triathlon	26	27	28	29	30	31

Training Plan Guide

swim 1 - 600- w/up- 2x25, 2x50, main set- 2x (2x 1x25 hard, 3x25 easy- 10secs between) 2mins between sets, cool down- 2x50, 2x25

swim 2 - 500-900- w/up- 2x50, 2x25 (12.5 hard, 12.5 easy), main set- 200-600 straight (build through the 12 weeks as you get more comfortable), cool down- 2x25, 2x50

swim 3 - 800- w/up- 4x25, main set- 25, 50, 75, 100, 125, 100, 75, 50, 25 (10-15secs in between), cool down- 3x25

bike 1 - easy 30-60min ride (build length through the 12 weeks)

bike 2 - 40mins- w/up- 10mins, main set- 8x 1min bigger gear, 2mins easy, cool down-6mins

bike 3 - 35mins- w/up- 10mins, main set- 2x (5x30secs hard, 30secs easy) 5mins easy in between sets, cool down-10mins

run 1 - easy 20-40min run (build length through the 12 weeks)

run 2 - 30mins- w/up- 10mins, main set- 5x1min hill rep, 2mins down easy, cool down- 5mins

run 3 - 30mins- w/up- 10mins, main set- 2x (5x15secs hard, 45secs easy) 5mins between sets, cool down- 5mins

swim/bike - 6/29, 7/13 - 200-400yds swim/30min bike

open water swim/bike - 7/27, 8/3 - 15mins swim/ 45min bike

bike/run - 6/25 - bike-30mins/run-10mins

bike/run - 7/21- bike-40mins/run-20mins

bike/run - 7/28 - bike-50mins/run-30mins

bike/run - 8/4 -bike 60mins/run-40mins

swim/bike/run - 8/10, 8/24 - swim- 10mins, bike- 20mins, run- 10mins

race preparation - 8/11 - swim- 15-20mins, bike- 60mins, run- 40mins