

## February 2020 - Rookie Tri Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3	4	5	6	7	8
9 START <a href="#">swim 1</a>	10 <a href="#">bike 2</a>	11 <a href="#">run 3</a>	12 OFF	13 <a href="#">swim 3</a>	14 <a href="#">bike 3</a>	15 <a href="#">bike 1</a>
16 <a href="#">run 1</a>	17 OFF	18 <a href="#">swim 2</a>	19 <a href="#">bike 2</a>	20 <a href="#">run 2</a>	21 <a href="#">swim 1</a>	22 <a href="#">bike 1</a>
23 <a href="#">swim/bike</a>	24 <a href="#">run 2</a>	25 OFF	26 <a href="#">swim 2</a>	27 <a href="#">bike 3</a>	28 <a href="#">run 3</a>	29 <a href="#">open water swim</a>


## March 2020 - Rookie Tri Training w/ Barny

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

## April 2020 - Rookie Tri Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <a href="#">bike 1</a>	2 <a href="#">run 1</a>	3 OFF	4 <a href="#">swim 1</a>
5 <a href="#">swim/bike</a>	6 <a href="#">run 1</a>	7 OFF	8 <a href="#">swim 3</a>	9 <a href="#">bike 2</a>	10 <a href="#">run 2</a>	11 <a href="#">open water swim</a>
12 <a href="#">bike/run</a>	13 OFF	14 <a href="#">swim 1</a>	15 <a href="#">bike 3</a>	16 <a href="#">run 3</a>	17 OFF	18 <a href="#">day before race</a>
19 <a href="#">race prep</a>	20 OFF	21 <a href="#">swim 1</a>	22 <a href="#">bike 2</a>	23 <a href="#">run 2</a>	24 <a href="#">swim 2</a>	25 <a href="#">bike 1</a>
26 <a href="#">run 1</a>	27 OFF	28 <a href="#">swim 1</a>	29 <a href="#">bike 3</a>	30 <a href="#">run 3</a>		

# May 2020 - Rookie Tri Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFF	2 <a href="#">day before race</a>
3 <a href="#">Rookie Triathlon</a>						

## **Session guide**

**swim 1** - 400m - w/up- 2x25m, 2x50m, main set- 2x[1x25m hard, 3x25m easy (10secs between)] 2mins between sets, cool down- 2x25m

**swim 2** - 400m-600m - w/up- 2x50m, 2x25m (12.5m hard, 12.5m easy), main set- 100m-300m straight (build through the 12 weeks as you get more comfortable), cool down- 2x25m, 2x50m

**swim 3** - 500m - main set- 25m, 50m, 75m, 100m, 100m, 75m, 50m, 25m (10-15secs in between)

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

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

**bike 3** - 45mins - w/up- 10mins, main set- 2x(5x1min hard, 1min 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(5x30secs hard, 30secs easy) 5mins between sets, cool down- 5mins

**swim/bike** - **2/23** - swim-100m, bike- 30mins; **3/15** - swim- 200m, bike- 40mins; **4/5** - swim-300m, bike- 50mins

**open water swim** - **2/29**, **3/21**, **4/11** - 100m-400m depending on how confident you're feeling

**bike/run** - **3/1** - bike- 40mins, run- 10mins; **3/22** - bike- 50mins, run- 20mins; **4/12** - bike 60mins, run- 30mins

**swim/bike/run** - **3/8** - swim- 10mins, bike- 30mins, run- 10mins; **3/29** - swim- 200m, bike- 40mins, run- 20mins

**race preparation** - **4/19** - swim- 15-20mins, bike- 60mins, run- 30mins

**day before race** - **4/18**, **5/2** - swim- 5mins, bike- 20mins, run- 10mins