

Training Schedule from WVU Hospitals for the WVU Hospitals Sprint, Splash n' Spin Triathlon

Week	Dates		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	June 5 - 11, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(10) 25 yard laps	15 min	20 min	(10) 25 yard laps	15 min	30 min
		Intensity		Low	Low	Low	Low	Low	Low
2	June 12 - 18, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(14) 25 yard laps	15 min	30 min	(14) 25 yard laps	20 min	30 min
		Intensity		Low	Low	Low	Low	Low	Low
3	June 19 - 25, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(5) 50 yard laps	20 min	30 min	(5) 50 yard laps	20 min	40 min
		Intensity		Low	Low	Low	Low	Low	Medium
4	June 26 - July 2, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(7) 50 yard laps	20 min	40 min	(7) 50 yard laps	25 min	40 min
		Intensity		Low	Low	Low	Low	Low	Medium
5	July 3 - 9, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(2) 50 yard laps (3) 75 yard laps	25 min	40 min	(2) 50 yard laps (3) 75 yard laps	25 min	40 min
		Intensity		Low	Low	Low	Low	Low	Medium
6	July 10 - 16, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(3) 50 yard laps (3) 75 yard laps	25 min	50 min	(10) 25 yard laps	30 min	50 min
		Intensity		Low	Low	Low	Medium	Low	Medium

7	July 17 - 23, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(10) 25 yard laps	30 min	50 min	(5) 50 yard laps	30 min	50 min
		Intensity		Medium	Low	Medium	Medium	Low	Medium
8	July 24 - 30, 2006	Event	Rest/ Stretching	Swim	BIKE/RUN	Bicycling	Swim	BIKE/RUN	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(5) 50 yard laps	30 min Bike 20 min Run	50 min	(2) 50 yard laps (2) 100 yard laps	20 min Bike 20 min Run	60 min
		Intensity		Medium	Low	Low	Low	High	Low
9	July 31 - Aug 6, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(2) 50 yard laps (2) 100 yard laps	30 min	60 min	(2) 50 yard laps (1) 200 yard laps	30 min	60 min
		Intensity		Medium	Low	Low	High	Medium	Medium
10	August 7 - 13, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	Run	Bicycling
		Time/ Distance	10 min AM, 10 min PM	(2) 50 yard laps (1) 200 yard laps	30 min	60 min	(2) 50 yard laps (1) 200 yard laps	30 min	40 min
		Intensity		High	Medium	Medium	High	Medium	High
11	August 14 - 20, 2006	Event	Rest/ Stretching	Swim	Run	Bicycling	Swim	TEST	Rest/ Stretching
		Time/ Distance	10 min AM, 10 min PM	(2) 50 yard laps (1) 200 yard laps	30 min	40 min	(5) 50 yard laps	Bike 10 miles Run 4 miles Swim 200 yards	10 min AM, 10 min PM
		Intensity		High	Medium	High	Medium	Medium	
12	August 21 - 26, 2006	Event	Rest/ Stretching					TRIATHLON	
		Time/ Distance	10 min AM, 10 min PM						
		Intensity							