

July 2019 - KTF Sprint Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14  KERRVILLE Triathlon Festival SHAKIN' GOOD TH'	15	16	17	18	19	20
21 start	22 swim 2	23 bike 3	24 run 2	25 OFF	26 swim 1	27 bike 1 - 40mins
28 run 1 - 30mins	29 swim 3	30 bike/run	31 run 2			

August 2019 - KTF Sprint Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 swim 1	2 bike 2	3 bike 1 - 50mins
4 run 1 - 35mins	5 off	6 bike 3	7 run 3	8 bike 1 - 30mins	9 swim 3	10 bike 1 - 60mins
11 run 1 - 40mins	12 off	13 swim 1	14 bike 2	15 run 2	16 run 1 - 20mins	17 open water swim/bike
18 run 1 - 40mins	19 off	20 swim 3	21 bike 3	22 run 1 - 20mins	23 swim 1	24 swim/bike
25 bike/run	26 off	27 swim 2	28 bike 2	29 run 2	30 bike 1 - 30mins	31 open water swim/bike

September 2019 - KTF Sprint Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 bike 1 - 80mins	2 run 2	3 off	4 swim 2	5 bike 3	6 run 1 - 20mins	7 bike 1 - 70mins
8 run 1 - 40mins	9 swim 1	10 bike 2	11 run 3	12 off	13 swim/ bike/ run	14 race prep
15 off	16 swim 3	17 bike 3	18 run 3	19 swim 1	20 bike 2	21 run 2
22 off	23 swim 2	24 bike 1 - 40mins	25 run 1 - 20mins	26 off	27 swim/ bike/ run	28 Kerrville Triathlon Festival
29  Kerrville Triathlon Festival	30					

Session guide

swim 1 - 600m - w/up- 2x25m, 2x50m, main set- 4x[1x25m hard, 50m easy- (10secs between)] 2mins between sets, cool down- 2x50m, 2x25m

swim 2 - 500m-900m - w/up- 2x50m, 2x25m (12.5m hard, 12.5m easy), main set- 200m-600m straight (build through the 10 weeks as you get more comfortable), cool down- 2x25m, 2x50m

swim 3 - 600m - w/up- 4x25m, main set- 3x[100m easy, 2x25m hard (10-15secs in between)], cool down- 2x25m

bike 1 - easy 30-80mins ride (increase through the 10 weeks)

bike 2 - 60mins - w/up- 15mins, main set- 10x 1min bigger gear, 2mins easy, cool down- 15mins

bike 3 - 45mins - w/up- 15mins, main set- 3x(5x30secs hard, 30secs easy) 5mins easy in between sets, cool down- 15mins

run 1 - easy 20-40min run (increase distance through the 10 weeks)

run 2 - 30mins - w/up- 10mins, main set- 3x2min hill repeats, 3mins 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 - 8/24 - 20mins swim, 50mins bike

open water swim/bike - 8/17, 8/31 - 20mins swim, 60mins bike

bike/run - 7/30 - 45mins bike, 15mins run, 8/25 - 50mins bike, 20mins run

swim/bike/run - 9/13, 9/27 - 10mins swim, 20mins bike, 10mins run

race preparation - 9/14 - 15-20mins swim, 80mins bike, 40mins run