

## July 2019 - KTF Half Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<b>7</b>  <b>KERRVILLE</b> Triathlon Festival SHERIN GOOD YOU	<b>8</b> <a href="#">swim 1</a>	<b>9</b> <a href="#">bike 3</a>	<b>10</b> <a href="#">run 3</a>	<b>11</b> <a href="#">swim 2</a>	<b>12</b> <a href="#">bike 2</a>	<b>13</b> <a href="#">bike 3</a> - 1.5hrs
<b>14</b> <a href="#">run 3</a> - 45mins	<b>15</b> off	<b>16</b> <a href="#">swim 1</a>	<b>17</b> <a href="#">bike 3</a>	<b>18</b> <a href="#">run 3</a>	<b>19</b> <a href="#">swim 2</a>	<b>20</b> <a href="#">bike 3</a> - 1.5hrs
<b>21</b> <a href="#">run 3</a> - 45mins	<b>22</b> off	<b>23</b> <a href="#">swim 1</a>	<b>24</b> <a href="#">bike 1</a>	<b>25</b> <a href="#">run 3</a>	<b>26</b> <a href="#">swim 3</a>	<b>27</b> <a href="#">bike 3</a> - 2hrs
<b>28</b> <a href="#">run 4</a> - 1hr	<b>29</b> <a href="#">swim 2</a>	<b>30</b> <a href="#">bike 2</a>	<b>31</b> <a href="#">run 1</a>			

# August 2019 - KTF Half Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <a href="#">run 4</a>	2 <a href="#">swim 2</a>	3 <a href="#">bike 3</a>
4 <a href="#">bike/run</a> 1.5hrs/30mins	5 off	6 <a href="#">swim 2</a> - main set x2	7 <a href="#">bike 2</a> - main set x2	8 run - 30mins easy	9 <a href="#">swim 1</a>	10 <a href="#">bike 4</a> - 2hrs
11 <a href="#">run 4</a> - 1hr	12 bike - 45mins easy	13 <a href="#">swim 2</a>	14 <a href="#">bike 1</a>	15 <a href="#">run 3</a>	16 <a href="#">run 2</a>	17 <a href="#">swim 3</a>
18 <a href="#">bike/run</a> 2hrs/15mins	19 off	20 <a href="#">swim 2</a>	21 <a href="#">bike 3</a>	22 <a href="#">run 1</a>	23 <a href="#">swim 3</a>	24 <a href="#">bike 4</a> - 2.5hrs
25 <a href="#">run 4</a> - 75mins	26 bike - 45mins easy	27 <a href="#">swim 1</a>	28 <a href="#">bike 2</a> - main set x2	29 <a href="#">run 2</a>	30 <a href="#">swim 2</a>	31 <a href="#">open water</a> <a href="#">swim/bike</a>

# September 2019 - KTF Half Training w/ Barny

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <a href="#">bike/run</a> 2hrs/30mins	2 off	3 <a href="#">swim 1</a>	4 <a href="#">bike 3</a>	5 run - easy 30mins	6 <a href="#">swim 3</a> - main set x2	7 <a href="#">bike 4</a> - 3hrs
8 <a href="#">run 4</a> - 1.5hrs	9 bike - easy 45mins	10 <a href="#">swim 2</a> - main set x2	11 <a href="#">bike 3</a>	12 <a href="#">run 3</a>	13 off	14 <a href="#">swim/bike</a>
15 <a href="#">race simulation</a>	16 off	17 <a href="#">swim 2</a>	18 bike - 1hr easy	19 run - 30mins easy	20 <a href="#">swim 1</a> - main set x2	21 <a href="#">bike 4</a> - 1.5hrs
22 <a href="#">open water swim</a>	23 <a href="#">bike 2</a>	24 <a href="#">run 2</a>	25 bike - 30mins easy	26 <a href="#">swim 1</a>	27 off	28 <a href="#">bike/run</a> easy
29 <a href="#">Kerrville Triathlon Festival</a>	30 					

## **Training Plan Guide**

**swim 1** - w/up- 200m, 2x100m, 2x50m, main set- 200m, 20x25m (5secs), cool down- 200m

**swim 2** - w/up- 400m, 4x100m, 4x50m, main set- 6x100m at or better than race pace (10secs rest), cool down- 200m

**swim 3** - w/up- 300m, 4x75m, 6x50m, main set- 2x500m (30secs rest), cool down- 100m

**bike 1** - w/up- 20mins with some little pickups, main set- 4x3mins hard, 3mins easy, cool down- 20mins

**bike 2** - w/up- 20mins with some pickups, main set- 2x10mins at race pace with 5mins in between, cool down- 20mins

**bike 3** - w/up- 20mins, main- 3 sets of 3mins big gear, 3mins spin, cool down- 20mins

**bike 4** - long ride- 1.5-3hrs steady-state ride (eat and drink as you would in the race)

**run 1** - w/up- 15mins with some pickups, main set- 4x400m with 1min rest in between, cool down- 15mins

**run 2** - w/up- 15mins with some pickups, main set- 3x5mins at race pace with 3mins rest in between, cool down- 15mins

**run 3** - 45mins easy with hills to get some strength

**run 4** - long run- 45-90mins at a steady-state (eat and drink as you would in the race)

**race simulation** - 2.5hrs steady bike, 45mins run straight off bike (eat and drink as you would in the race)

**open water swim** - 3x500m (wetsuit if you have one)

**open water swim/bike** - 1000m swim (wetsuit if you have one), 2hr steady bike

**swim/bike** - 2x500m, 90mins bike

**bike/run** - 1-3hrs bike, 20-60mins run