



TRYTRAINER PROGRAMME

ADVANCED



TRY TRAINER TRAINING PLAN – ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	8min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting.			10min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this	Long swim 15min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. Once through: 50m swim
BIKE		10min ride	REST DAY	15min long ride – find some rolling hills possibly on a school field		REST DAY	1km Bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	3min moderate run Off the bike – practice your transition from bike to run; taking off your helmet			10 minute continuous run (try not to stop)		



TRY TRAINER TRAINING PLAN – ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	12min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting			15min 2 Laps freestyle 2 Laps backstroke 4 Lengths non-stop kick 4 * 1 length – go underwater as far as you can, take a short breath and back under. Go the whole way doing this.	Long Swim 20min including: 2 x 50 metre time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. 3 times through: 50m swim
BIKE		12min ride	REST DAY	15min long ride – find some rolling hills possibly on a school field		REST DAY	1km bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	4min moderate run Off the bike – practice your transition from bike to run; taking off your helmet			15 minute continuous run (try not to stop)		



TRY TRAINER TRAINING PLAN – ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	15min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting			15min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this.	Long swim 20min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		Today you will do lots of little triathlons to show your body how to race. 3 times through: 50m swim
BIKE		10min ride	REST DAY	20min long ride – find some rolling hills possibly on a school field		REST DAY	1km bike
RUN	10min jog + drills (like high knees, butt kicks, skipping etc).	5min moderate run Off the bike – practice your transition from bike to run; taking off your helmet			10 minute continuous run (try not to stop)		



MY TRYATHLON TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							



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If you don't have access to a pool for training or are not doing a **SWIM/BIKE** or **RUN** leg as part of your **TRY CHALLENGE**, try out one of the alternative training sessions options below;

ONE: 3 minutes of jogging then 75 star jumps

TWO: 10-15 minutes running/skateboarding/
scootering/skipping or roller blading

THREE: 2 minutes of jogging then 75 x high knees,
75 x mountain climbers and 75 x butt kicks

FOUR: 60 x flutter kicks, 30 x snow angles, 30 x press
ups and 1-minute plank hold

FIVE: 40 x star jumps, 40 x high knees, 40 x step ups,
25 x sit ups

SIX: Lamp post runs. Find a safe footpath or area
which has street lights/signs, run as fast as you
can from one lamppost to the next then walk to
the next one. Continue this for 20 lamp posts.
Alternatively if lamp posts aren't available you
can complete by using a 20-30m distance.

Please research the exercises before
you complete them to ensure that you
are performing them correctly.

**START SLOWLY TO ENSURE YOUR
TECHNIQUE IS CORRECT AND SAFE.**