



TRYTRAINER PROGRAMME

BEGINNER



TRY TRAINER TRAINING PLAN – BEGINNER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--|----------|---|---|--|----------|--|
| SWIM | 10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool | | | 15min with an adult in a pool – make sure you practice your technique Do a couple of lengths kicking only Do a couple of lengths very fast 30min of fun playing in the pool | | | |
| BIKE | | REST DAY | 10min ride on a school field or local park – practice some zigzagging and hand signals | | | REST DAY | 15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand. |
| RUN | | | 4min run off the bike – practice your transition from bike to run; taking off your helmet | | 10 minute continuous run (try not to stop) | | |



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|------|--|----------|---|--|--|----------|--|
| SWIM | 10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool | | | 10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool | | | |
| BIKE | | REST DAY | 10min ride on a school field or local park – practice some zigzagging and hand signals | | | REST DAY | 15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand. |
| RUN | | | 3min fun off the bike – practice your transition from bike to run; taking off your helmet | | 10 minute continuous run (try not to stop) | | |



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|------|--|----------|---|--|--|----------|---|
| SWIM | 10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool | | | 10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool | | | |
| BIKE | | REST DAY | 10min ride on a school field or local park – practice some zigzagging and hand signals | | | REST DAY | 20min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand, try going as fast as you can for 1min corners, going down a hill and riding with one hand. |
| RUN | | | 5min fun off the bike – practice your transition from bike to run; taking off your helmet | | 12 minute continuous run (try not to stop) | | 400M Run |



MY TRYATHLON TRAINING PLAN

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



TRY TRAINER TRAINING PLAN – BEGINNER

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 25 star jumps

TWO: 5 minutes running/skateboarding/scootering/skipping or roller blading

THREE: 2 minutes of jogging then 10 x hops on your left foot, 10 x hops of your right foot, 20 x two feet jumps

FOUR: 20 x flutter kicks, 10 x snow angles, 10 x press ups and 30 sec-minute plank hold

FIVE: 20 x star jumps, 20 x high knees, 15 x step ups, 10 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 10 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.