



**TRYTRAINER PROGRAMME**  
**INTERMEDIATE**



# TRY TRAINER TRAINING PLAN – INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	8min 1 lap freestyle 1 lap of breaststroke 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	10 minute continuous run (try not to stop)	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)		400m Run



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	10min 2 lap freestyle 2 lap of breaststroke 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 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. Once through: 50m swim
BIKE		10min ride	REST DAY	12min 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			10 minute continuous run (try not to stop)		



# TRY TRAINER TRAINING PLAN – INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	12min 3 lap freestyle 2 lap of breaststroke 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. 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).	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							



# TRY TRAINER TRAINING PLAN – INTERMEDIATE

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 50 star jumps

**TWO:** 7 - 10 minutes running/skateboarding/scooter-ing/skipping or roller blading

**THREE:** 2 minutes of jogging then 50 x high knees, 50 x mountain climbers and 50 x butt kicks

**FOUR:** 40 x flutter kicks, 20 x snow angles, 20 x press ups and 1-minute plank hold

**FIVE:** 30 x star jumps, 30 x high knees, 30 x step ups, 20 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 15 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.**