


TRI 4 SCHOOLS TRIATHLON HOME TRAINING PROGRAM

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	REST	RUN Warm-up: brisk 5 minute walk Run 30 seconds Walk 1 minute Repeat x 6	BIKE 15 minutes	Strength Training	RUN Warm-up: brisk 5 minute walk Run 30 seconds Walk 1 minute Repeat x 6	BIKE 15 minutes	SWIMMING
WEEK 2	REST	RUN Warm-up: brisk 5 minute walk Run: 1 minute Walk 30 seconds Repeat x6	SWIM or BIKE 20 minutes (Take breaks as needed)	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 1 minute Walk 30 seconds Repeat x6	SWIM or Bike 20 minutes (Take breaks as needed)	PRACTICE TRANSITIONS Bike: 10 minutes Run: 5 minutes
WEEK 3	REST	RUN Warm-up: brisk 5 minute walk Run: 2 minutes Walk: 30 seconds Repeat x4	SWIM or BIKE 20 minutes	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 2 minutes Walk: 30 seconds Repeat x4	Swim or BIKE 20 minutes	PRACTICE TRANSITIONS Bike: 10 minutes Run: 5 minutes
WEEK 4	REST	RUN Warm-up: brisk 5 minute walk Run: 3 minutes Walk: 30 seconds Repeat x3	SWIM 20 minutes (incorporate 4x25 meters)	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 3 minutes Walk: 30 seconds Repeat x3	SWIM or BIKE 20 minutes	PRACTICE TRANSITIONS Bike: 15 minutes Run: 5 minutes
WEEK 5	REST	RUN Warm-up: brisk 5 minute walk Run: 5 minutes Walk: 1 minute Repeat x2	BIKE 25 minutes	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 5 minutes Walk: 1 minute Repeat x2	BIKE 25 minutes	BIKE TRAINING
WEEK 6	REST	RUN Warm-up: brisk 5 minute walk Run: 7 minutes Walk: 1 minute Repeat x2	BIKE 25 minutes	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 7 minutes Walk: 1 minute Repeat x2	SWIM or BIKE 20 minutes (Incorporate 1x 100 meters)	SWIMMING
WEEK 7	REST	RUN Warm-up: brisk 5 minute walk Run: 10 minutes Cool-down: walk 5 minutes	BIKE 30 minutes	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 10 minutes Cool-down: walk 5 minutes	BIKE 30 minutes	SWIMMING
WEEK 8	REST	RUN Warm-up: brisk 5 minute walk Run: 15 minutes Cool-down: walk 5 minutes	SWIM or BIKE 20 minutes (incorporate 1x 50 meters and 1x 100 meters)	Strength Training	RUN Warm-up: brisk 5 minute walk Run: 15 minutes Cool-down: walk 5 minutes	REST and GET PLENTY OF SLEEP	RACE DAY! 

FUNCTIONAL FITNESS

Some exercises you will do for time and others will be done for repetitions. If you forget how to do one of these exercises, please ask your parents to help you look up the exercise on YouTube. You can also do these on your own to help build muscular strength and improve muscular endurance & flexibility.

[Kids' Triathlon how-to \(Tri 4 Schools\) Video](#)

Strength Training

	Week 1-3	Week 4-6	Week 7-8
1. LOWER BODY	Wall Sits 2 x 30 sec	Wall Slides 2 x 60 sec 20/20/20	Hold a Ball Squat 2 x 30 sec
2. UPPER BODY	Pushups 2 x 20 reps	Wide Pushups 2 x 20 reps	Wheel Barrow walks 2 x 10 yds
3. CORE STABILITY	Flutter Kick 2 x 30 sec	Ball Twist 2 x 30sec	Flutter Kick 2 x 30 sec
4. GLUTES/HIP	Glute Bridge 2 x 10 reps	Glute Bridge 2 x 10 reps	Single Leg GB 2 x 10
5. CORE STABILITY	Superman 2 x 10 reps	Superman 2 x 10 reps	T-Plank Pushups 2 x 10 reps each side
6. PLYOS	Squat Jumps 2 x 10 reps	Tuck Jumps 2 x 10 reps	Lateral Bounding 2 x 6 reps each leg
7. CORE STABILITY	Bridge 2 sets Front 30/Sides 20 sec	Bridge 2 sets Front 45/ Sides 30 sec	Bridge 2 sets Front 60/Sides 30 sec
8. LOWER BODY	Lunge Walk 2 sets 10 yds	Lunge Walk Hold 2 sets x 10 yds	Lunge Walk Arms up 2 sets x 10 yds
9. UPPER BODY	Pushup Level Holds Level 1 x 20 sec Level 2 x 20 sec Level 3 x 20 sec	Pushup Combo 2 x 10 reps each of Diamond & Clapping	Pushups 2 x 20 reps
10. FINISHER	Pushup Burpees 2 x 30 sec	Mountain Climbers 2 x 30 sec	Pushup Burpee Power Jump 2 x 30 sec

This home training plan offers health and fitness information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.