

7 Week Triathlon Workout Plan

	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
Week 1	200-300m 3 days	4-6k 3 days	1-3k 3 days
Week 2	300-500m 4 days	6-8k 4 days	3-5k 4 days
Week 3	500-800m 5 days	8-10k 5 days	5-7k 5 days
Week 4	400-600m 5 days	6-8k 5 days	3-5k 5 days
Week 5	400m 4 days	6k 4 days	3k 4 days
Week 6	600m 3 days	6k 4 days	3k 2 days
Week 7	400m 4 days	5-6k 3 days	2 ½ K 3 days

Fitness (Endurance Weight Training High-Reps)

Monday

Dumbbell Bench
 BB Shoulder Press
 Pull Ups*
 Squats
 Front Raises
 Walking Lunge

Wednesday

Incline BB Bench
 DB Shoulder Press
 Leg Press
 Cable Lat Raise
 Leg Curl
 Cable Rows

Friday

Push Ups
 Pull Ups*
 Barbell Curl
 Jump Squats
 Bench Dips
 Standing Calve Raises

Abdominals & All Other Exercises

Minimize Rest Between Sets to Maximize Results

*5 sets x 10 Reps

All Other Exercises

Weeks 1-2	2-3 Sets	10-12 Reps
Weeks 3-4	3-4 Sets	12-15 Reps
Do Abs at the end of the workout		
Weeks 1-2	Abs	Reps/Sets/days
	Ab Roller or Wheel	15-25 / 3 / 4
	Reverse Crunch	15-25 / 3 / 4
Weeks 3-4	Rope Crunch	25-30 / 4 / 5
	Planks	15-30 seconds each
		Position X 4 sets
Weeks 5-7	Combination Abdominals	200 Total