12 Week Training Guide

Start slow and easy, if you need to take short breaks between your activity that is OK. The goal is to get moving and log the distances that total up to complete a triathlon. Make sure that you cool down and stretch well after each activity session and take one day of rest each week. Stretching tips are attached.

Week 1: May 5

This week is a week to be active on your own. Go outside and play with your siblings and friends a few times this week. Pick up a jump rope, hula-hoop, basketball, etc. Just have fun and get moving!! Use this week to start building up your fitness level to prepare you for the coming weeks.

Week 2: May 12

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Bike 1 mile or ride for 8 minutes
- Day 2: Run ¼ mile or run/walk 5 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 3: May 19

You will complete **three** days of activity this week to reach your week goal.

- Day 1: Swim 25-meters in a pool (1 lap)
- Day 2: Bike 1 mile or ride for 8 minutes
- Day 3: Run ¼ of a mile or run/walk 5 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 4: May 26

You will complete **three** days of activity this week to reach your week goal.

- Day 1: Swim 25-meters in a pool (1 lap)
- Day 2: Bike 1 mile or ride for 8 minutes
- Day 3: Run ¼ mile of run/walk 5 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 5: June 2

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Bike 1 mile or ride for 8 minutes
- Day 2: Run ½ mile or run/walk 10 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 6: June 9

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Swim 50-meters in a pool (2 laps)
- Day 2: Run 1/2 mile or run/walk 10 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 7: June 16

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Swim 75-meters in a pool (3 laps)
- Day 2: Bike 1 mile of ride for 8 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 8: June 23

You will complete **three** days of activity this week to reach your week goal.

- Day 1: Swim 75-meters in a pool (3 laps)
- Day 2: Bike 1 mile of ride for 8 minutes
- Day 3: Run 1/4 mile or run/walk 5 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 9: June 30

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Swim 75-meters in a pool (3 laps)
- Day 2: Bike 1 mile of ride for 8 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 10: July 7

You will complete **two** days of activity this week to reach your week goal.

- Day 1: Swim 75-meters in a pool (3 laps)
- Day 2: Bike 2 miles or ride for 15 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 11: July 14

You will complete **three** days of activity this week to reach your week goal.

- Day 1: Swim 50-meters in a pool (2 laps)
- Day 2: Bike 1 mile of ride for 8 minutes
- Day 3: Run 1/2 mile or run/walk 10 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes.

Week 12: July 21

This week is your last week to meet your goal of completing a Triathlon in 12 weeks! You have already completed the bike portion of the triathlon- CONGRATULATIONS! To finish the swim and run, you need to complete **two** days of activity this week.

- Day 1: Swim 50-meters in a pool (2 laps)
- Day 2: Run 1/2 mile or run/walk 10 minutes

On the days you are not doing one of these activities pick your favorite exercise and do that for at least 10 minutes, then give yourself a big pat on the back for making it to your goal!

Other Tips:

Did you know…

1 lap in a pool = 25 meters
1 lap around a track = ¼ mile
2 laps around a track = ½ mile
3 laps around a track = ¾ mile
4 laps around a track = 1 mile

Examples of Other Fitness Activities To Try…
Jump Rope, Hula-Hoop, Hike with your family, Play tag with friends & family

YOU ARE AN ATHLETE!

Stretching Tips!

Stretching is a key part of exercising. Stretching increases flexibility and improves the range of motion of your joints. Before you stretch, warm up your muscles with 5 to 10 minutes of light activity. For this Triathlon training, you should always stretch before and after each day's activity, or take a break in the middle of the activity to do your stretches.

- Don't bounce when you stretch
- Be gentle when stretching
- Hold each stretch for about 30 seconds, then switch sides and repeat
- If you feel pain, you've stretched too far! Take it slow!

Calf stretch: Face a solid structure such as a wall with your right foot ahead of your left, toes straight ahead. Bend your right knee, press your hips forward, and lean into the wall. Keep both heels down, your left leg straight, and your right knee over your ankle. Hold for about 30 seconds. Repeat 3 to 5 times with each leg.

Quadriceps stretch: Steady yourself with one hand. With the other, grab outside leg at the ankle. Gently pull foot up and towards the buttocks until you feel a stretch along the front of thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (grab right ankle with left hand). Do 2 to 3 repetitions per leg.

Knees to Chest stretch: Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for about 30 seconds. Repeat 3 to 5 times.

Ticeps stretch: Place your right hand between your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20-30 seconds; repeat 3 to 5 times with each arm.

Adductors stretch: Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold 30-60 seconds or until muscles feel looser.

Shoulder stretch: In a smooth, continuous motion, make a circle with your shoulders: Raise them up toward your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.