

**The Bendon Women's Triathlon
Training Programme for Novices
SIX WEEKS 400m swim/10km bike/2.5km run**

Every week 2 swims/2 bikes/2 runs - and a REST DAY !

Important Tips: Once a week do a 5 minute run/walk after one of your bike rides to get the legs used to it - it really helps on the day.

If you have to walk during your run - walking is fine ! Lots of ladies have to walk during the event.

If you miss a training session out - don't worry ! and don't put it in somewhere else

Wear comfortable clothing – not heavy – and a well fitting bra if you have generous proportions

Don't forget to drink water after training and keep up with the water if it is hot.

Week 1

Swim 2 x 200m

Bike 15 minutes & 20 minutes

Run/walk 2km or 15 minutes x 2

Week 2

Swim 2 x 300m

Bike 2 x 20 minutes

Run/walk 2 x 15 minutes

Week 3

Swim 400m & 500m

Bike 2 x 30 mins

Run/walk 2.5km & 3km or 2 x 30 minutes

Week 4

Swim 500mx 2

Bike 40 mins x 2

Run/walk 30mins x 2

Week 5

Swim 2 x 400m

Bike 2 x 30mins

Run/walk 15 minutes and 20 minutes

Week 6

Swim 200 X 2

Bike 2 X 10 minutes

Run/walk 10 minutes X 2

Phone Iris 5787025 for more information