

MHS Tri Club

Training Schedule

May 6, 2018 Triathlon

Nancy Toland (toland@d120.org)

Officers:

Molly Mischler, Cayce Parker, Jake Garcia and Lauren Carlson

	Class Focus	Work Out #1	Work Out #2	Work Out #3
2/6	Overview of plan Strength/Flexibility Work	1 mile timed (all out reaching LT)	Swim 5- 15 min continuous	45 min. bike or spin
2/20	Indoor Cycle	Endurance Run 40 min moderate pace	Swim 5- 15 min continuous	60 minute Bike or Spin
3/6	Outdoor Run	Hill Work 6 X sled hill	Indoor Cycle	Swim Drills Pick 3 (100yards)
3/20	Brick Work – Indoor Cycle & Outdoor run	15 min. continuous swim-30 min. bike or cycle	Outdoor run/walk 2 miles	Bike or Spin 30 minutes
4/3	Indoor Swim AND outdoor run	Speed Work Track – 400 – 600 - 800	Swim 200 or 500 yards cont.- 30 min. bike or cycle	Bike Ride 40 minutes followed by 10 min Run
4/17	Indoor Swim AND Indoor cycle	Run 1.25 miles at Mile Time	Swim 5- 15 min continuous	Bike Ride 20 min. followed by 2 mile Run
5/1	Group Bike Ride Outside	Pool Count laps for 20 minutes – Kick Board 10 minutes	Bike 5-15 miles	Run/Walk 3miles (2 nd mile with mile time)