

# Sample Triathlon Training Plan

Repeat this weekly training routine for **13 weeks** leading up to your triathlon event.

**Sunday:** Run - 2.5km

**Monday:** Swim - 1km

**Tuesday:** Ride - 15km

**Wednesday:** Swim - 1km

**Thursday:** Run - 2.5km

**Friday:** *Rest*

**Saturday:** Ride/Run - 15km/2.5km



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INSPIRE YOUR PERFORMANCE

# Triathlon Training

**Puja Mehta**



## **Triathlon Training:**

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### **Triathlon Training Introduction**

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