

# BEGINNER ATHLETE

**Background :** SWIM: NO BIKE: YES RUN: NO WEIGHT LIFT: NO COMPETITION: High School Basketball GOAL: Complete Sprint Triathlon in August  
**Routine:** Vary Dates and Schedule Favorite Activity: None  
**Contact:** Best Way: Email Tracking System: Low Key - Spreadsheet Contact Day (s): Sunday & Wednesday

MONTH	Jan 1	Jan 2	R E V I E W	Jan 3	Jan 4	R E V I E W	Feb 1	Feb 2	Feb 3	Feb 4	R E V I E W	Mar 1	Mar 2	Mar 3	R E V I E W	Mar 4	Mar 5	Apr 1	R E V I E W	Apr 2	Apr 3	Apr 4	May 1	May 2	May 3	May 4	May 5	Jun 1	Jun 2	Jun 3	Jun 4				
WEEK	1	2		3	4		1	2	3	4		1	2	3		4	5	1		2	3	4	1	2	3	4	5	1	2	3	4				
ACTIVITY																																			
Number of Sessions	4	4		4	4		5	4	6	4		5	5	5		4	6	5		5	5	4	6	6	5	7	7	7	7	7	7				
Number of Hours	1.25	1.33		1.42	1.42		1.58	1.67	1.83	1.42		1.67	1.83	1.92		1.75	1.92	2.17		1.83	2.00	2.17	2.00	2.22	2.42	2.22	2.42	2.67	2.33	2.50	2.67				
SWIM																																			
Sunday			C	1		C			1		C			1	C			1	C			1			1			1			1				
Monday	1		H			H		1	1	1	H		1		H		1		H		1		1		1			1			1				
Tuesday		1	A			A					A				A		1	1	A		1			1		1			1			1			
Wednesday			N			N					N				N				N		1											1			
Thursday			G		1	G					G				G				G						1				1				1		
Friday			E			E			1		E		1		E				E				1		1	1							1		
Saturday			W			W					W				W				W											1		1			
BIKE																																			
Sunday			S			S					S			1	S				S			1			1							1			
Monday			C			C		1			C				C		1		C		1												1		
Tuesday		1	H		1	H			1		H		1		H				H				1				1		1					1	
Wednesday			E			E		1		1	E				E			1	E		1					1								1	
Thursday			D			D				1	D				D				D			1									1				1
Friday		1	U		1	U					U			1	U				U				1	1										1	
Saturday			L			L					L		1		L				L							1	1							1	
?			E			E					E				E				E																
RUN			?			?					?				?				?																
Sunday							1		1							1																			
Monday												1									1														
Tuesday														1																					
Wednesday				1			1																												
Thursday		1						1	1	1																									
Friday	1				1																														
Saturday												1									1														
WEIGHT LIFT																																			
Sunday					1																														
Monday														1																					
Tuesday																																			
Wednesday																																			
Thursday	1						1					1	1																						
Friday																																			
Saturday		1						1		1											1														

**NOTE:** This is an example. The individualized training plan for anyone viewing this schedule could be dramatically different. Do not use this plan without consulting Triathlon Over Cancer

**NOTE:** This athlete communicated frequently, after early April schedule changes were reviewed almost weekly but not noted on the schedule

**NOTE:** The training plan is not complete as the athlete wants to race in August