

SAMPLE YOUTH TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Bike 20 minutes	REST	Swim 200m	Bike 15 minutes	Run 10 minutes	REST	Swim 200m
WEEK 2	Bike 30 minutes	Run 10 minutes	Swim 5 straight minutes	Bike 20 minutes	Run 15 minutes	REST	Swim 300m
WEEK 3	Bike 40 minutes	Run 15 minutes	Swim-300m; Run-15 minutes	Bike 20 minutes	Run-20 minutes; Swim-200m	REST	Swim 400m
WEEK 4	Bike 30 minutes (intervals)	Run 15 minutes	Swim 10 straight minutes	Bike 25 minutes	Run-15 minutes; Swim-200m	REST	Swim- 300m; Run-15 minutes

Remember to stretch thoroughly after your training session

USA TRIATHLON RACE-DAY CHECKLIST

RACE-DAY CHECKLIST: What to bring to every event

GENERAL

- USAT membership card
- Photo ID
- Registration confirmation
- Directions to venue
- Course map
- Money
- Race uniform
- Race numbers and timing chip
- Sunscreen
- Sunglasses
- Anti-chafing product
- Extra clothes
- Watch

TRANSITION GEAR

- Towel(s)/Transition mat
- Water bottle(s)
- Gels/energy bars and drinks/salt tablets

SWIM GEAR

- Wetsuit
- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Bike gloves
- Tire pump
- Spare tube(s)
- CO2 cartridges
- Tools
- Bar-end plugs

RUN GEAR

- Running shoes
- Hat/visor
- Race number belt
- Socks

PERSONAL REMINDERS



Never worry about forgetting important items again. Use this checklist to ensure you arrive at your next race relaxed and prepared.