

A young boy with light brown hair, wearing a black triathlon suit with blue and green accents, is walking towards the camera. He is smiling slightly. In the background, there are other children and adults, some wearing swim caps, and several bicycles parked. The scene is outdoors, likely at a triathlon event.

— KIDS —

# TRIATHLON TRAINING PLAN

# 5 WEEK TRAINING PLAN for KIDS TRIATHLON

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
WEEK 1	JR BIKE: 10 MIN RUN: 10 MIN	RUN: 10 MIN	SWIM: 100 YARDS	BIKE: 20 MIN RUN: 10 MIN	REST DAY	BIKE: 20 MIN RUN: 10 MIN	SWIM: 100 YARDS
	SR BIKE: 20 MIN RUN: 10 MIN	RUN: 15 MIN	SWIM: 200 YARDS	BIKE: 30 MIN RUN: 10 MIN		BIKE: 30 MIN RUN: 10 MIN	SWIM: 200 YARDS
		before run: 20 high knees, 20 butt kicks				<b>Brick Workout!</b>	
WEEK 2	JR BIKE: 20 MIN RUN: 10 MIN	RUN: 12 MIN	SWIM: 150 YARDS	BIKE: 20 MIN RUN: 10 MIN	REST DAY	BIKE: 25 MIN RUN: 10 MIN	SWIM: 150 YARDS
	SR BIKE: 20 MIN RUN: 10 MIN	RUN: 20 MIN	SWIM: 250 YARDS	BIKE: 30 MIN RUN: 10 MIN		BIKE: 35 MIN RUN: 15 MIN	SWIM: 250 YARDS
		before run: 20 high knees, 20 one legged hop				<b>Brick Workout!</b>	
WEEK 3	JR BIKE: 25 MIN RUN: 10 MIN	RUN: 15 MIN	SWIM: 200 YARDS	BIKE: 20 MIN RUN: 10 MIN	REST DAY	BIKE: 30 MIN RUN: 12 MIN	SWIM: 200 YARDS
	SR BIKE: 35 MIN RUN: 10 MIN	RUN: 20 MIN	SWIM: 300 YARDS	BIKE: 30 MIN RUN: 10 MIN		BIKE: 40 MIN RUN: 15 MIN	SWIM: 300 YARDS
		before run: 20 high knees, 20 butt kicks				<b>Brick Workout!</b>	
WEEK 4	JR BIKE: 30 MIN RUN: 10 MIN	RUN: 20 MIN	SWIM: 300 YARDS	BIKE: 20 MIN RUN: 10 MIN	REST DAY	BIKE: 35 MIN RUN: 15 MIN	SWIM: 300 YARDS
	SR BIKE: 40 MIN RUN: 10 MIN	RUN: 30 MIN	SWIM: 400 YARDS	BIKE: 30 MIN RUN: 10 MIN		BIKE: 45 MIN RUN: 20 MIN	SWIM: 400 YARDS
		before run: 20 high knees, 20 one legged hop				<b>Brick Workout!</b>	
WEEK 5	JR BIKE: 10 MIN RUN: 10 MIN	RUN: 15 MIN	SWIM: 100 YARDS	BIKE: 20 MIN RUN: 10 MIN	REST DAY	TAKE AN EASY WALK	EASY SWIM OR RACE DAY!
	SR BIKE: 20 MIN RUN: 10 MIN	RUN: 25 MIN	SWIM: 200 YARDS	BIKE: 30 MIN RUN: 10 MIN			

## Start with a Warm-Up 🔥

Begin every workout with something easy like walking or light movement for about 2 minutes to get your body ready.

## Swim Practice 🏊♂️

If you're new to swimming, practice flipping onto your back like a "pancake" for about 3-5 minutes before you start swimming. It helps you feel safe and relaxed in the water.

## Brick Workout 🧱

Ride your bike, then quickly switch to running—your legs might feel funny at first, but that's normal!

## Be Flexible 📅

Some days get busy—and that's okay! You can move workouts around if needed.

## Rest is Important 😴

Rest days help your body grow stronger. Make sure you keep them in your schedule—they're just as important as workout days!

## Listen to Your Body 🤔

If something feels too hard, hurts, or makes you super tired, it's okay to slow down or take a break.

## Hydrate Like a Champ 💧

Bring a water bottle and take sips before, during, and after workouts—especially in the heat!

## Fuel Your Body 🥕🍎

Healthy foods help your body feel strong and ready to move, and it's okay to enjoy a treat every now and then too!

## Practice Balance & Coordination 🚴♀️

Try fun drills like hopping on one foot, skipping, or riding in a straight line to build skills.

## Practice Transitions ⌚

See Page 3 for a Transition Practice Checklist

## ♥️ Important for Kids & Parents

Before starting, parents should make sure their child is healthy and ready for exercise. If you have any questions or concerns, it's always a good idea to check with your doctor.

Kids should always listen to their bodies, take breaks when needed, and let an adult know if something doesn't feel right.

By joining in these activities, you understand that all exercise has some risk, and you're choosing to participate in a safe and responsible way. Tri-Now Endurance is not responsible for injuries that may happen during training.

