

Beginner Training Program for the Bluff Land Triathlon

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Run 15 minutes	Off	Hike Bluff and Run 10 minutes	Bike 4 miles	Hike/Run Bluff	Off	Run 1.5 miles
2	Bike 5 miles	Off	Hike Bluff and Run 12 minutes	Bike 5 miles	Hike/Run Bluff	Run 1.5 miles	Run 1.5 miles
3	Bike 6 miles	Off	Run 18 minutes	Bike 7 miles	Hike/Run Bluff	Run 1.5 miles	Run 2 miles
4	Bike 7 miles	Off	Hike Bluff and Run 13 minutes	Bike 6 miles	Hike/Run Bluff	Off	Run 2.5 miles
5	Bike 7 miles	Off	Hike Bluff and Run 15 minutes	Bike 7 miles	Hike/Run Bluff	Run 1.5 miles	Run 3 miles
6	Bike 8 miles	Off	Run 20 minutes	Bike 7 miles	Hike/Run Bluff	Run 2 miles	Run 2.5 miles
7	Bike 9 miles	Off	Run 20 minutes	Hike Bluff	Hike/Run Bluff	Run 2 miles	Run 3 miles
8	Bike 10 miles	Off	Run 25 minutes	Hike Bluff	Bike 8 miles and Run 1 mile	Hike/Run Bluff	Run 3.5 miles
9	Bike 8 miles and Run 1 mile	Off	Run 30 minutes	Hike Bluff	Bike 11 miles	Hike Bluff	Run 3 miles
10	Bike 9 miles and Run 1.5 miles	Off	Hike Bluff and Run 25 minutes	Bike 11 miles	Hike/Run Bluff	Hike Bluff	Run 3 miles
11	Bike 12 miles and Run 2 miles	Off	Hike Bluff and Run 25 minutes	Bike 10 miles	Hike/Run Bluff	Run 2.5 miles	Run 3 miles
12	Bike 10 miles and Run 2 miles	Off	Hike Bluff and Run 25 minutes	Bike 10 miles	Hike Bluff	Run 2 miles	RACE DAY

Consult your doctor before beginning any training program.