

12 Week Training Program starting 8 September 2014

This program is for beginners. If that is you, and you are concerned about starting an exercise program, then check with your Doctor first.

Exercise is more fun with a friend. It's much easier to go and exercise if you know that somebody else is turning up as well.

You can swap around the days to suit your own schedule but you need to try to do at least 2 swims, 2 cycles and 2 walk/runs every week.

Make sure you have a day off once per week.

If you are feeling good, then go a little further than the times or distances shown.

If you are more advanced you add to the time/distances, or you can add an extra session of each during the week.

A spin class is an excellent alternative to riding on the road

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run/Walk			Run/Walk 2km or 15 mins	Day off			Run/Walk 2km or 15 mins
	Bike		Bike 15 - 20 min			Bike 15 - 20 min		
	Swim	200m swim or Aquajog					200m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Run/Walk			Run/Walk 2km or 15 mins	Day off			Run/Walk 2km or 15 mins
	Bike		Bike 15 - 20 min			Bike 15 - 20 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Run/Walk			Run/Walk 3km or 20 mins	Day off			Run/Walk 3km or 20 mins
	Bike		Bike 30 min			Bike 30 min		
	Swim	200m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Run/Walk			Run/Walk 3km or 20 mins	Day off			Run/Walk 3km or 20 mins
	Bike		Bike 30 min (try a few small hills)			Bike 30 min		
	Swim	300m swim or Aquajog					200m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Run/Walk			Run/Walk 4km or 25 mins	Day off			Run/Walk 4km or 25 mins
	Bike		Bike 30 min (try a few small hills)			Bike 15 - 20 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Run/Walk			Run/Walk 4km or 25 mins	Day off			Run/Walk 4km or 25 mins
	Bike		Bike 30-40 min			Bike 15 - 20 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	


		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Run/Walk			Run/Walk 4km or 30 mins	Day off			Run/Walk 4km or 30 mins
	Bike		Bike the course			Bike 30-40 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Run/Walk			Run/Walk 5km or 40 mins	Day off			Run/Walk 2km or 40 mins
	Bike		Bike the course			Bike 15 - 20 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Run/Walk			Run/Walk 5km or 40 mins	Day off			Run/Walk 5km or 40 mins
	Bike		Bike 40 -50 min			Bike 30- 40 min		
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	Run/Walk			Run/Walk 5km or 40 mins	Day off			Run/Walk 5km or 40 mins
	Bike		Bike the course			Bike 30- 40 min		then bike for 30mins
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	Run/Walk			Run/Walk 6km or 60 mins	Day off			Run/Walk 5km or 40 mins
	Bike		Bike the course			Bike 30- 40 min		then bike for 30mins
	Swim	300m swim or Aquajog					300m swim or Aquajog	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12	Run/Walk			Run/Walk 3km or 30 mins	Day off		Go for a Walk then pick up your race pack!	Race Day 
	Bike		Bike 15 - 20 min			Bike 15 - 20 min		
	Swim	300m swim or Aquajog						