



## Official Training Plan

By

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## Luray International Triathlon Training Plan (15 Weeks)

### Introduction:

This 15-week Luray International Triathlon Training Program is designed to start 15 weeks before the Luray International Triathlon and should be used in conjunction with *Triathlon in a Box: The Complete and Practical Training Guide for Sprint and International Distance Triathlon*.

### Waiver of Liability:

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover and ENDURANCEWORKS, LLC. By downloading and using this program, you are waiving any liability to David Glover or ENDURANCEWORKS, LLC. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regiment.

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## Luray International Triathlon Training Plan (15 Weeks)

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>May 3</b> Transition Hours: 3.8	<b>Workout #1:</b> Duration (min): Description:	Day off	<b>Swim</b> 30 Swim #1	<b>Bike</b> 45 Easy ride Z1. Include 2 x 30s single leg drill (each leg)	<b>Run</b> 20 Easy Z1. Include 3 strides – quick pickups for 20s	<b>Swim</b> 40 Swim #2	<b>Bike</b> 60 Steady Z2	<b>Run</b> 30 Steady Z2
	<b>Workout #2:</b> Duration (min): Description:							
<b>May 10</b> Transition Hours: 4.1	<b>Workout #1:</b> Duration (min): Description:	Day off	<b>Swim</b> 30 Swim #3	<b>Bike</b> 45 Z1. Include 4 x 30s spinning as fast as you can without bouncing	<b>Run</b> 25 Easy Z1. Include 3 strides – quick pickups for 20s	<b>Swim</b> 40 Swim #4	<b>Bike</b> 70 Steady Z2	<b>Run</b> 35 Steady Z2
	<b>Workout #2:</b> Duration (min): Description:							
<b>May 17</b> Transition Hours: 4.4	<b>Workout #1:</b> Duration (min): Description:	Day off	<b>Swim</b> 30 Swim #5	<b>Bike</b> 45 Easy ride Z1. Include 4 x 30s single leg drill (each leg)	<b>Run</b> 30 Easy Z1. Include 3 strides – quick pickups for 20s	<b>Swim</b> 40 Swim #6	<b>Bike</b> 80 Steady Z2	<b>Run</b> 40 Steady Z2
	<b>Workout #2:</b> Duration (min): Description:							