

**KIDS TRAINING PROGRAM 2010
FATDOG CYCLES**

WEEK 1 JAN 31 to FEB 6

Mon: Run 10mins. Do 2 x 50m sprints mid way thru

Tue Bike 20 mins Easy.

Wed Swim 10mins. Do 5mins then rest for 2mins then repeat

Thursday Run 12mins easy. Take a rest half way thru if you want

Fri Rest day, (clean your bike)

Sat Swim 100m then get out and run 400m

Sun Bike 20mins easy

Tip of the week: Every time you do some training you should always drink 2 big glasses' of water after. If you like take a bottle with you and try drinking while running

WEEK 2 Feb 9 to 13

Mon: Run 10mins. Do 3 x 50m sprints mid way thru

Tue Bike 20 mins Easy.

Wed Swim 10mins. Do 5mins then rest for 2mins then repeat

Thursday Run 12mins easy. Take a rest half way thru if you want

Fri Rest day, (clean your bike)

Sat Swim 100m then get out and cycle 15mins

Sun Bike 20mins easy then run with Mum or Dad for 10min

Tip of the week: Before you go out training make sure you have eaten 1hour before. Good energy food for triathletes is a banana

WEEK 3 Feb 14 to 20 FEB

Mon: Run 15mins. Do 4 x 50m sprints mid way thru

Tue Bike 20 mins Easy.

Wed Swim 10mins. Do 5mins then rest for 2mins then repeat

Thursday Run 12mins easy. Come home a little faster than you went out. Good to do with Mum or Dad. Race them on the way home

Fri Rest day, (Mow the lawns or weed the garden. Mum or dad might then help with your training the next day)

Sat Swim 100m then get out and cycle 15mins then run 5mins fast

Sun Bike 20mins easy with Mum or Dad (make sure you drink on the ride)

Tip of the week: Put stretchy laces in you running shoes so you can get them on quickly. Plus make sure you have had your bike safety checked.

WEEK 4 FEB 21 to 27 FEB

Mon: Rest day

Tue Run easy 10mins

Wed Swim 2 x 5mins FAST. Have a good rest between.

Thursday Cycle 15mins easy. (You can do 2 fast sprints mid way thru)

Fri Rest day

Sat Cycle 15mins FAST then Jump of and Run 5mins

Sun Run Easy 10mins

Tip of the week: Practice doing a warm up before you start swimming. Do some star jumps and a few press ups. Jump up and down on the stop for a minute. Now you should be breathing harder and ready to start.

Week 5. FEB 28 to MARCH 6

Mon: Run 15mins. Do 4 x 50m sprints mid way thru

Tue Bike 20 mins Easy.

Wed Swim 10mins. Do 5mins then rest for 2mins then repeat

Thursday Run 12mins easy. Come home a little faster than you went out. Good to do with Mum or Dad. Race them on the way home

Fri Rest day, (Clean the car for mum and dad)

Sat Swim 100m then get out and cycle 15mins then run 5mins fast

Sun Bike 20mins easy with Mum or Dad (make sure you drink on the ride)

Tip of the week: When on your bike make sure you can look behind without zig zaging across the road. This takes practice. Try it on some grass to start.

Week 6. MARCH 7 UNTIL RACE DAY

Mon: Rest day

Tue Run easy 10mins

Wed Swim 2 x 5mins FAST. Have a good rest between.

Thursday Cycle 15mins easy. (You can do 2 fast sprints mid way thru)

Fri Rest day

Sat Run 5mins easy to calm the nerves

Sun Race day, yippee !

Race Tip. Most important enjoy your self ! Stay calm during the swim. Make sure you have a small rest once you get to your bike then go for it. Don't run out on the run to fast... save that for the finish line. Smile and wave when you cross the line. Good luck.