

DISCLAIMER: This training schedule is a guide only. Please adapt to suit your fitness level & experience Please seek professional medical advice before commencing any new exercise program or activity.



BTS WOMEN'S TRI 2025 10 WEEK TRAINING PROGRAM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	SWIM 500m Warm Up 8 x 25m / 30sec RI Main Set 4 x 50m / 30sec RI Cool Down 100m easy Pull Buoy	RUN 15min Easy Running as: 3 x 4min jog / 1min walk	RIDE 25min 25min Easy Ride. Don't push a hard gear. Keep it easy.	REST DAY	RIDE 35min 35min Easy Ride. Don't push a hard gear. Keep it easy.	RUN 20min Easy Long Run as: 4 x 4min jog / 1min walk OPTION: Run non stop at easy long run effort.
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NEST DAT	Warm Up 4 x 25m / 30sec RI Main Set 8 x 25m / 15sec RI 1 x 100m - PB Cool Down 100m easy - PB	20min Easy Running as: 6mins easy jog. 7 x 1min run / 1min walk	30min Easy Ride. Don't push a hard gear. Keep it easy.	NEST DAT	35min Easy Ride. Don't push a hard gear. Keep it easy.	Easy Long Run as: 3 x 5min jog / 2min walk OPTION: Run non stop at easy long run effort.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	SWIM 600m Warm Up 4 x 25m / 30sec RI Main Set 8 x 50m / 30sec RI Cool Down 4 x 50m easy - PB	RUN 22min 22min Easy Running as: 8mins jog / 2min walk 4 x 2min run / 1min walk	RIDE 30min 30min Ride as: 10mins easy spin. 10 x 1min moderate / 1min spin.	REST DAY	RIDE 35min 35min Ride as: 10mins easy 4 x 3mins moderate / 2mins spin. 5mins easy	RUN 21min Easy Long Run as: 3 x 6min jog / 1min walk OPTION: Run non stop at easy long run effort.
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REST DAY	SWIM 600m	RUN 25min 25min Running as: 8mins jog / 2min walk 4 x 1min run 75% / 1min slow jog 7mins slow jog recovery	RIDE 30min 30min Ride as: 15mins easy spin. 5 x 2min moderate / 1min spin.	REST DAY	RIDE 40min Find an undulating course and ride easy to moderate effort throughout.	RUN 32min Easy Long Run as: 4 x 6min jog / 2min walk OPTION: Run non stop at easy long run effort.
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	SWIM 700m Warm Up 4 x 50m / 30sec RI Main Set 4 x 100m - PB / 30sec R.I Cool Down 4 x 25m / 30sec RI	RUN 30min 30min Running as: 8mins jog / 2min walk 5 x 1min run 80% / 1min slow jog 8mins jog / 2min walk	RIDE 30min 30min Ride as: 10mins easy spin. 5 x 3min moderate / 1min spin.	REST DAY	RIDE 40min After 10mins of riding, find a hill and ride: 3 x 1min up / roll down recovery. Easy to moderate ride for remainder of time.	RUN 30min Easy Long Run as: 3 x 9min jog / 1min walk OPTION: Run non stop at easy long run effort.
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REST DAY	SWIM 800m	RUN 35min 35min Running as: 10mins jog. 4 x 2min medium to hard pace / 90secs walk 10mins slow jog cool down 1min walk to finish.	RIDE 40min 40min Ride on undulating course.	SWIM 600m Warm Up 100m easy Main Set 8 x 50m as 10m hard / 40m easy - 20sec R.I Cool Down 4 x 25m / 30sec RI	RIDE - RUN BRICK SET 45mins riding including: 4 x 4min moderate / 2mins easy spin RUN OFF THE BIKE 10mins very easy run.	RUN 35min Easy Long Run as: 5min jog warm up. 2 x 14min jog / 1min walk
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	SWIM 800m Warm Up 2 x 50m / 30sec RI Main Set 6 x 100m PB - 30sec R.I Cool Down 2 x 50m / 30sec RI	RUN 35min 35min Running as: 10mins jog. 4 x 5mins done as: 2min @ 70% / 2min @ 80% / 1min walk 5mins cool down	RIDE 40min 40min Easy Ride. Don't push a hard gear. Keep it easy.	SWIM 600m Warm Up 100m easy Main Set 2 x 200m moderate - 1min R.I Cool Down 4 x 25m / 30sec RI	RUN - RIDE BRICK SET 5mins easy 5mins easy - moderate 5mins race pace RIDE AFTER RUN 45mins riding including: 2 x 10min moderate / 5mins easy spin	RUN 40min Easy Long Run as: 6min jog warm up. 2 x 16min jog / 1min walk
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REST DAY	SWIM 800m	RUN 35min 10min easy jog warm up 3 x 2min hills reps done @ 85%. The recovery is walking easy back down the hill to the start. 10mins jog cool down	RIDE 45min 45min Ride as. 10mins easy spin. 4 x 5min moderate / 2min spin. Spin for remainder of session.	SWIM 1000m Warm Up 4 x 25m / 30sec RI Main Set 400m race effort - 2min R.I 400m easy to recover from race effort. Cool Down 4 x 25m / 30sec RI	RUN - RIDE BRICK SET 5mins easy 5mins easy - moderate 5mins race pace RIDE AFTER RUN 60mins riding including: 2 x 10min moderate / 5mins easy spin	RUN 40min Easy Long Run as: 2 x 18min jog / 2min walk
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	SWIM 1000m Warm Up: 2 x 100 easy PB - 20sec Pyramid Set 50/100m/150m/200m/15 0m/100m/50m done med to hard pace RI 20 secs	RUN 30min Very easy pace but try for no breaks	RIDE 40min 40min Ride on undulating course.	REST DAY	RIDE - RUN BRICK SET 60mins riding including: 4 x 1min race pace / 2mins easy spin RUN OFF THE BIKE 20mins easy to moderate	RUN 30min 30mins Run including:: 5 x 20sec Race Feeling / 40sec easy
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REST DAY	SWIM 500m	RUN 20min Include: 5 x 15sec race pace / 2mins easy jog	REST DAY	RIDE 20min 20min easy ride to test bike is in good working order. NO EFFORTS.	RACE DAY!! GOOD LUCK!!	REST & RECOVER
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