



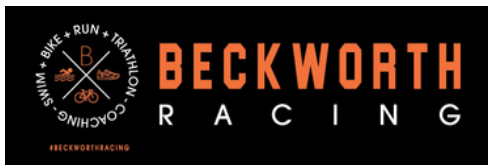
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BTS WOMEN'S TRI 2025 10 WEEK TRAINING PROGRAM




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 <i>OPTION: Run non stop at easy long run effort.</i>
SESSION COMPLETE?	 	 	 		 	 
SESSION NOTES						
REST DAY	SWIM 500m Warm Up 4 x 25m / 30sec RI Main Set 8 x 25m / 15sec RI 1 x 100m - PB Cool Down 100m easy - PB	RUN 20min 20min Easy Running as: 6mins easy jog. 7 x 1min run / 1min walk	RIDE 30min 30min 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 21min Easy Long Run as: 3 x 5min jog / 2min walk <i>OPTION: Run non stop at easy long run effort.</i>
SESSION COMPLETE?	 	 	 		 	 
SESSION NOTES						

GLOSSARY: PB = Pull Buoy. R.I. = Rest Interval

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 Warm Up 4 x 25m / 30sec RI Main Set 8 x 50m - PB / 30sec R.I Cool Down 4 x 25m / 30sec RI	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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