



iTri Tucson Olympic Triathlon Training Program

Target race: **Twisted Cactus Olympic Triathlon on May 6, 2017** (14-week training plan)

Athletes must be able to Swim-500 yards, Bike-10 miles and Run-3 miles before starting this program

Coached Sessions:

Monday	Feb 15	6:30pm	Training Kickoff - training plans, zones, structure
Thursday	Feb 16	6am	Group Swim zone work & OWS skills at U of A Rec Center
Monday	Feb 20	5:30pm	Group Run - Zone work & Garmin usage
Monday	Feb 27	6:30pm	Lecture - Nutrition, Mental Training, Goal Setting (run @ 5:30)
Monday	March 6	6:30pm	Lecture – Strength Training and Injury Prevention (run @ 5:30)
Saturday	March 11	7am	Group bike ride with Gear work on course
Sunday	March 12	7:30am	Running with the Irish 5K @ the Plaza E9th&4 th Ave (Race fees not included)
Monday	March 13	5:30pm	Transition practice Pima West College (no group run this day)
Saturday	April 1	6:30am	Group bike ride on Course & Brick Run
Sunday	April 2	7:30am	Catalina State Park 5 miler (Race fees not included)
Monday	April 3	6:30pm	Bike Power session - bring bikes (run @ 5:30)
Saturday	April 15	6am	Group bike ride with Gear work on course
Saturday	April 29	6am	Group bike ride with Gear work on course
Monday	May 1	6:30pm	Race Management-Final prep for race day (run at 5:30)

WEEKLY Practices:

Monday	Group Run Session	5:30pm	iTri Center- Meet Me at Maynard’s run
Wednesday	Track Practice	6am	Catalina High School Track (Pima & Dodge)
Thursday	Swim Practice	6am	Group Swim at U of A Rec Center

All activities start at iTri Tucson, 119 E Toole Ave unless otherwise noted. Most sessions are 60-120 min

Cost: \$250. Includes 14-week training plan, all coached events and clinics, group workouts in all three sports, bike safety check by Kurt Rosenquist, discounted basic bike tune-up, and program T-shirt. Race registration fees for the Olympic Triathlon is **not included**.

iTri Coaches: Fred Scott, Robin Kremer, Clark Reeves