



iTri Sprint 2 Triathlon Training Program

Target race: **Sahuarita Sprint Triathlon on May 7, 2017** (9-week training plan)

Athletes should be able to Swim-50 yards and have access to a suitable bicycle

Coached Sessions:

Wednesday	March 1	6:00pm	Training Kickoff - training plans, zones, structure
Thursday	March 9	6:00am	Group Swim Basics and Swim at U of A Rec Center
Monday	March 6	5:30pm	Run Basics with Group Run at MMM
Monday	March 6	6:30pm	Lecture – Strength Training and Injury Prevention
Saturday	March 11	9:30am	Group bike ride – workout including skill session
Monday	March 13	5:30pm	Transition Practice @Pima West College
Wednesday	March 22	6:00pm	Bike basics & Power class, training methods, safety
Saturday	March 25	5:30am	Volunteering at Oro Valley Triathlon
Monday	March 27	6:30pm	Lecture-Nutrition, Mental Training, Goal Setting
Saturday	April 1	8:30am	Group bike ride with Gear work on course
Monday	April 3	5:30pm	Group Run MMM and Run form work
Saturday	April 15	6:00am	Group bike ride with Gear work on course
Saturday	April 29	6:00am	Group bike ride on course
Monday	May 1	6:30pm	Lecture – Race management – final prep for race day

WEEKLY Group Training Sessions:

Monday	Group Run Session	5:30pm	Meet me at Maynard’s run
Wednesday	Track practice	6:00am	Catalina High School (Pima & Dodge)
Thursday	Swim Practice	6:00am	U of A Rec Center – Group Swim

All activities start at iTri Tucson, 503 S Park Ave. unless otherwise noted. Most sessions are 60-90 min

Cost: \$195. Includes 9-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 fee for the Olympic Triathlon is **not included**.

iTri Coaches: Fred Scott, Robin Kremer, Clark Reeves