

Trainer Pete Wimbergh's Training Program

	Monday	Tuesday
February	1 off	20-30 minute bike
	8 off	20-30 minute bike
	15 off	20-30 minute bike
	22 off	30-35 minute bike
March	1 off	30-35 minute bike
	8 off	30-35 minute bike
	15 off	45 minute bike
	22 off	45 minute bike
	29 off	45 minute bike
April	5 off	30-35 minute bike 45 minute bike, 30 minute run
	12 off	
	19 off	75 minute bike
	26 off	75 minute bike
May	3 off	90 min bike

10	off	90 min bike
17	off	90 min bike
24	off	75 min bike
31	off	60 min bike

June

*Recommend to practice paddling with partner at le

Program for Morgans Little Miami Triathlon

Wednesday	Thursday	Friday	Saturday
15-20 min run and 20-30 min strength	20-30 minute bike	30-40 minutes strength	30 minute bike
15-20 min run and 20-30 min strength	20-30 minute bike	30-40 minutes strength	30-40 minute bike
15-20 min run and 20-30 min strength	20-30 minute bike	30-40 minutes strength	30-40 minute bike
20-25 min run and 30 min strength	45 minute bike	30-40 minutes strength	45 minute bike
20-25 min run and 30 min strength	45 minute bike	30-40 minutes strength	45 minute bike
20-25 min run and 30 min strength	45 minute bike	30-40 minutes strength	45 minute bike
off	30 minute bike and 15 minute run	55 minute strength	45 min bike and 20 min run
30 min run and 30 min strength	60 minute bike	45 min strength	60 minute bike
30 min run and 30 min strength	60 minute bike	45 min strength	60 minute bike
30 min run and 30 min strength	60 minute bike	45 min strength	60 minute bike
45 min strength	45 minute bike, 30 minute run	45 min strength	75 minute bike, 20 minute run
40 min run and 30 min strength	75 minute bike	40 min run and 30 min strength	75 minute bike, 30 minute run
40 min run and 30 min strength	75 minute bike	40 min run and 30 min strength	90 minute bike, 40 minute run
50 min run and 30 min strength	60 min bike, 30 min run	off	75 minute bike, 35 min run, 60 min canoe

50 min run and 30 min strength	60 min bike, 30 min run	45 min strength	60 minute bike, 50 minute run
50 min run and 30 min strength	30 min bike, 60 min run	off	75 minute bike, 35 min run, 45 min canoe
30 min run and 30 min strength	40 min run and 30 min strength	45 min strength	60 minute bike, 30 minute run
20 min run and 30 min strength	30 min bike and 30 minute run	off	MORGANS LMT

ast 2 or 3 times prior to the event.

Sunday

20 minute run

20 minute run

20 minute run

20 minute run

20 minute run

20 minute run

30 min strength

30 minute run

30 minute run

30 minute run and
canoe, 45 minutes

off

30 minute run and
canoe, 45 minutes

off

30 minute bike,
easy

off

60 minute bike, 50
minute run