



2011 Colorado Springs Rec Center Indoor Tri Series Training Plan

For an online version of this plan with more detailed workouts go to
http://www.trainingpeaks.com/NEO_Endurance_Sports and choose
 the CS Rec Center Indoor Tri 2011 plan. It's FREE!

Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26
Swim: 45 minutes	Run: 30 minutes	X-Train: 45 minutes	Swim: 45 minutes	Day Off	Run: 30 minutes	Bike: 60 minutes
Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 01	Jan 02
Swim: 45 minutes	Run: 45 minutes	X-Train: 45 minutes	Swim: 45 minutes	Day Off	Run: 40 minutes	Brick: 60 minutes (Bike 45 minutes, Run 15 minutes)
Jan 03	Jan 04	Jan 05	Jan 06	Jan 07	Jan 08	Jan 09
Bike: 45 minutes	Indoor Tri #1: Good Luck and Have Fun!!!	X-Train: 45 minutes	Swim: 45 minutes	Day Off	Bike: 75 minutes	Run: 45 minutes
Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16
Swim: 45 minutes	Run: 45 minutes	X-Train: 45 minutes	Bike: 60 minutes	Day Off	Run: 45 minutes	Brick: 60 minutes (Bike 45 minutes, Run 15 minutes)



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Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23
Swim: 45 minutes	Indoor Tri #2: Good Luck and Have Fun!!!	X-Train: 45 minutes	Swim: 45 minutes	Day Off	Bike: 60 minutes	Day Off
Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30
Swim: 45 minutes	Run: 50 minutes	X-Train: 45 minutes	Bike: 60 minutes	Day Off	Swim: 60 minutes	Brick: 90 minutes (Bike 75 minutes, Run 15 minutes)
Jan 31	Feb 01	Feb 02	Feb 03	Feb 04	Feb 05	Feb 06
Bike: 45 minutes	Indoor Tri #3: Good Luck and Have Fun!!!	X-Train: 45 minutes	Run: 55 minutes	Day Off	Swim: 60 minutes	Bike: 75 minutes
Feb 07	Feb 08	Feb 09	Feb 10	Feb 11	Feb 12	Feb 13
Swim: 45 minutes	Run: 50 minutes	X-Train: 45 minutes	Bike: 60 minutes	Day Off	Brick: 90 minutes (Bike 75 minutes, Run 15 minutes)	Swim: 60 minutes
Feb 14	Feb 15					
Run: 30 minutes	Indoor Tri #4: Good Luck and Congrats!!!					