

# First-Timer - Sprint Triathlon Training

Fitness Level I: Slice Above Couch Potato  
 8 week schedule from Eric Harr - race to complete

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>			Swim 30 min	Power Walk/Run 30 min	REST	Bike 45 min	
<b>Week 2</b>			Swim 30 min	Power Walk/Run 30 min	REST	Bike 45 min	
<b>Week 3</b>	Strength Train 20 min		Swim 20 min	Power Walk/Run 35 min	REST	Bike 45 min	Swim 15 min
<b>Week 4</b>	Strength Train 20 min		Swim 20 min	Power Walk/Run 35 min	REST	Bike 45 min	Swim 15 min
<b>Week 5</b>	Strength Train 20 min Swim 20 min	Brick Bike 20 min Run 15 min	Swim 30 min	Run 30 min Strength 20 min	REST	Bike 30 min	
<b>Week 6</b>	Strength Train 20 min Swim 20 min	Brick Bike 30 min Run 20 min	Swim 30 min	Run 30 min Strength 20 min	REST	Bike 45 min	
<b>Week 7</b>	Strength Train 20 min Swim 20 min	Brick Bike 40 min Run 30 min	Swim 30 min	Run 30 min Strength 20 min	REST	Brick Bike 45 min Run 30 min	
<b>Week 8</b>	Swim 15 min	Bike 30 min	Swim 15 min	Run 15 min	REST	Swim 10 min Bike 10 min	RACE DAY!