

## Jersey Girl Triathlon 12 Week Training Plan

Week Ending	Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Swim	Bike	Run	Total (max hours)
May 22nd	12	<b>Swim:</b>	Swim Victory Park, Navesink River				Swim Clinic Victory Park, Navesink River			1.5			5 hours
		<b>Bike:</b>	30 minutes		45 minutes or group ride				45 minutes		2		
		<b>Run:</b>		15 minutes		15 minutes		30 minutes				1	
May 29th	11	<b>Swim:</b>	Swim Victory Park, Navesink River				Swim Clinic Victory Park, Navesink River		<b>Navesink Swim</b>	1.5			5 hours
		<b>Bike:</b>	30 minutes		55 minutes or group ride				55 minutes		2.25		
		<b>Run:</b>		20 minutes		20 minutes		<b>Spring Lake 5</b> 30 minutes				1.1	
June 5th	10	<b>Swim:</b>	Swim Victory Park, Navesink River				Swim Clinic Victory Park, Navesink River			1.5			5.75 hours
		<b>Bike:</b>	30 minutes		1 hour or group ride			1.25 hours			2.75		
		<b>Run:</b>		25 minutes	5 minute run after bike	25 minutes			<b>Hawkswood School 5K</b> 40 minutes			1.5	
June 12th	9	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Atlantic Ocean			1.5			4.75 hours
		<b>Bike:</b>	30 minutes		45 minute or group ride		<b>Bike Clinic at Second Life Bikes</b>		1 hour		2.25		
		<b>Run:</b>		15 minutes	5 minute run after bike	15 minutes		25 minutes				1	

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June 19th	8	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			5.5 hours
		<b>Bike:</b>	30 minutes		1 hour or group ride				1 hour		2.5		
		<b>Run:</b>		20 minutes	10 minute run after bike	20 minutes	<i>Transition Clinic</i>	45 minutes				1.5	
June 26th	7	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			6.25 hours
		<b>Bike:</b>	30 minutes		1 hour or group ride				1.25 hours		2.75		
		<b>Run:</b>		30 minutes	15 minute run after bike	30 minutes		45 minutes				2	
July 3rd	6	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			7.5 hours
		<b>Bike:</b>	30 minutes		1 hour		30 minutes		1.5 hours		3.5		
		<b>Run:</b>		40 minutes	15 minute run after bike	40 minutes		50 minutes				2.5	
July 10th	5	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			5 hours
		<b>Bike:</b>	30 minutes		45 minutes or group ride			45 minutes			2		
		<b>Run:</b>		20 minutes	10 minute run after bike	30 minutes			30 minutes			1	

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July 17th	4	<b>Swim:</b>	Swim Long Branch (Ocean)		<b>Women's Running Event</b>		Swim Clinic Long Branch (Ocean)	<b>Transition Clinic</b>		1.5			7 hours
		<b>Bike:</b>	45 minutes		<i>(Sneaker Factory)</i> 1 hour or group ride			1.25 hours			3		
		<b>Run:</b>		30 minutes	15 minutes	45 minutes			1 hour			2.5	
July 24th	3	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			7 hours
		<b>Bike:</b>	30 minutes		1 hour or group ride			1.5 hours			3		
		<b>Run:</b>		30 minutes	15 minutes	45 minutes			1 hour			2.5	
July 31st	2	<b>Swim:</b>	Swim Long Branch (Ocean)				Swim Clinic Long Branch (Ocean)			1.5			6.25 hours
		<b>Bike:</b>	30 minutes		45 minutes or group ride			1.5 hour ride			2.75		
		<b>Run:</b>		30 minutes	10 minutes	30 minutes			50 minutes			2	
Aug 7th	Race Week	<b>Swim:</b>	Swim Long Branch (Ocean)				REST	<b>Transition Clinic</b> 5 minutes	RACE	0.75			3 hours plus race
		<b>Bike:</b>	30 minutes		45 minutes or group ride		AND	10 minutes	DAY		1.5		
		<b>Run:</b>		15 minutes	5 minutes	15 minutes	RELAX	5 minutes	ENJOY!			0.75	