

The following triathlon workout plan is designed for the first timer who is just a notch above a couch potato.

Week 1

Day 1- Rest
Day 2- Swim 20 minutes
Day 3- Run 20 minutes
Day 4- Rest
Day 5-Run 20 minutes
Day 6-Bike 35 minutes
Day 7-Swim 20 minutes, weightlift 20 minutes

Week 2

Day 1-Rest
Day 2-Swim 30 minutes
Day 3-Run 20 minutes
Day 4-Rest
Day 5- Run 30 minutes
Day 6- Bike 45 minutes
Day 7-Swim 30 minutes

Week 3

Day 1-Rest
Day 2-Swim 30 minutes, weightlift 20 minutes
Day 3-Run 30 minutes, Bike 45 minutes
Day 4-Swim 20 minutes, weightlift 20 minutes
Day 5- Rest
Day 6- Bike 45 minutes, run 30 minutes
Day 7- Rest

Week 4

Day 1- Run 30 minutes
Day 2- Swim 30 minutes, weightlift 20 minutes
Day 3- Run 45 minutes, Bike 45 minutes
Day 4- Swim 20 minutes, weightlift 20 minutes
Day 5-Run 30 minutes
Day 6- Bike 60 minutes, run 20 minutes
Day 7- Rest

Week 5

Day 1- Run 30 minutes

Day 2- swim 35 minutes, weightlift 30 minutes

Day 3- Bike 45 minutes, Run 30 minutes

Day 4- Swim 30 minutes, Weightlift 30 minutes

Day 5- Run 30 minutes

Day 6- Swim 20 minutes, Bike 40 minutes, Run 20 minutes

Day 7-Rest

Week 6

Day 1-Run 30 minutes

Day 2-Bike 45 minutes

Day 3- Swim 30 minutes

Day 4-Run 30 minutes (very easy)

Day 5- Rest

Day 6- Swim 15 minutes, Bike 15 minutes

Day 7- Race Day!