

# 12 Weeks & Counting...

## Kitsap Tri Babe

### Triathlon Training Schedule 2009

**\*\*\* Lake Swims will take place Tuesdays at Wildcat Lake on Holly Rd from 7:30-8:30 a.m. or from 7:30-8:30 p.m.\*\*\***

**\*\*\* A "Brick" is a bike ride followed by a run/walk). These will depart from the Evergreen Lutheran Church in Seabeck (West end of Holly Road) on Saturdays beginning at 8:30a.m. \*\*\***

#### **Week 12**

**Date: 5/25-5/31**

Rest  
Rest  
Stretch & Strength  
Pool Swim –  
15 lengths  
Bike Ride (20 min)  
Run/Walk (15 min)  
KCMSF FUN RUN

#### **Week 11**

**Date: 6/1-6/7**

Rest  
Stretch & Strength  
Pool Swim –  
20 lengths)  
LAKE SWIM—  
orientation  
Bike Ride (25 min)  
Run/Walk~interval  
BRICK (5/1)

#### **Week 10**

**Date: 6/8-6/14**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
1 lap/5 lengths  
Bike Ride (30 min)  
Run/Walk~interval  
BRICK (6/1.5)

#### **Week 9**

**Date: 6/15-6/21**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
2 laps/6 lengths  
Bike Ride (35 min)  
Run/Walk~interval  
BRICK (7/1.5)

#### **Week 8**

**Date: 6/22-6/28**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
2 laps/7 length  
Bike Ride (40 min)  
Run/Walk~interval  
BRICK (8/2)

#### **Week 7**

**Date: 6/29~7/5**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
3 laps/8 lengths  
Bike Ride (45 min)  
Run/Walk~interval  
BRICK (9/2)

#### **Week 6**

**Date: 7/6~7/12**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
3 laps/9 lengths  
Bike Ride (50 min)  
Run/Walk~interval  
BRICK (10/2.5)

#### **Week 5**

**Date: 7/13~7/19**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
4 laps/10 lengths  
Bike Ride (55 min)  
Run/Walk~interval  
BRICK (11/2.5)

#### **Week 4**

**Date: 7/20~7/26**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
4 laps/11 lengths  
Bike Ride (60 min)  
Run/Walk~interval  
BRICK (12/3)

**Week 3****Date: 7/27~8/2**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
5 laps/12 lengths  
Bike Ride (65 min)  
Run/Walk~interval  
BRICK (13/3)

**Week 2****Date: 8/3~8/9**

Rest  
Stretch & Strength  
Pool Swim~interval  
LAKE SWIM—  
5 laps/13 lengths  
Bike Ride (70 min)  
Run/Walk~interval  
MINI TRIATHLON (@Wildcat Lake)

**Race Week!!! 8/10-8/16**

Monday: Easy Stretching/Yoga Class

Tuesday: Lake Swim (10 lengths)

Wednesday: Easy Pool Swim (20-30 lengths)

Thursday: Easy Bike (30-45 minutes)

Friday: Easy Run/Walk (20-30 minutes on road or trails)

Saturday: Danskin Expo & Carbo Load Dinner w/Tri Turtle

Sunday: Danskin Triathlon! You **CAN** do it!!!

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