 ****

**Tri Chicks 2023**

**12 Week Beginners Training Programme Weeks 1-6**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | **28-Nov** | **29-Nov** | **30-Nov** | **1-Dec** | **2-Dec** | **3-Dec** | **4-Dec** |
|  |  |  |  |  |  |  |  |
| Week 1 | Swim 200-500m | Bike 20 mins | Run/Walk 20 mins | Swim 200-500m | Bike 20 mins | Run/Walk 20 mins |
|  | Rest Day | (8-20 lengths of a 25m pool) | (8-20 lengths of a 25m pool) |
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|  | **5-Dec** | **6-Dec** | **7-Dec** | **8-Dec** | **9-Dec** | **10-Dec** | **11-Dec** |
|  |  |  |  |  |  |  |  |
| Week 2 | Swim 200-500m | Bike 25 mins | Run/Walk 25 mins | Swim 200-500m | Bike 25 mins | Run/Walk 25 mins |
|  | Rest Day | (8-20 lengths of a 25m pool) | (8-20 lengths of a 25m pool) |
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|  | **12-Dec** | **13-Dec** | **14-Dec** | **15-Dec** | **16-Dec** | **17-Dec** | **18-Dec** |
|  |  |  |  |  |  |  |  |
| Week 3 | Swim 200-500m | Bike 30 mins | Run/Walk 25 mins | Swim 200-500m | Bike 30 mins | Run/Walk 25 mins |
|  | Rest Day | (8-20 lengths of a 25m pool) | (8-20 lengths of a 25m pool) |
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|  | **19-Dec** | **20-Dec** | **21-Dec** | **22-Dec** | **23-Dec** | **24-Dec** | **25-Dec** |
|  |  |  |  |  |  |  |  |
| Week 4 |  | Swim 300-500m(8-20 lengths of a 25m pool |  | Bike 35mins | Run/Walk 30 mins | REST DAY Merry Xmas |
|  | Rest Day | Bike 35 mins | Run/Walk 30mins |
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|  | **26-Dec** | **27-Dec** | **28-Dec** | **29-Dec** | **30-Dec** | **31-Dec** | **1-Jan** |
| Week 5 |  |  |  |  |  |  |  |
| Swim 300-500m |  Bike 40 mins | Swim 300-500m(12-20 lengths of a 25m pool) | Run/Walk 30 mins | Bike 40 mins | Run/Walk 30 mins | REST DAY Happy New Year |
|  | (12-20 lengths of a 25m pool) |  |
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|  | **2-Jan** | **3-Jan** | **4-Jan** | **5-Jan** | **6-Jan** | **7-Jan** | **8-Jan** |
| Week 6 |  |  |  |  |  |  |  |
| Bike 20mins | Swim 300-500m(12-20 lengths of a 25m pool) | Rest Day | Run/Walk 20 mins | Swim 300-500m | Bike 25 mins | Run/Walk 20 mins |
|  |  | (12-20 lengths of a 25m pool) |  |
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**Tri Chicks 2022**

**12 Week Beginners Training Programme Weeks 7-12**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  | **9-Jan** | **10-Jan** | **11-Jan** | **12-Jan** | **13-Jan** | **14-Jan** | **15-Jan** |
|  |  |  |  |  |  |  |  |
| Week 7 |  | Tri Chicks Training Night |  |  | Swim 300-600m | Bike 35 mins | Open water swim |
| Rest Day | or Swim 300-600m | Bike 40 mins | Run/Walk 30 mins |
|  | (12-24 lengths of a 25m pool) | Run/Walk 5 mins off the bike | and/or Run/Walk 30 mins |
|  |  | (12-24 lengths of a 25m pool) |  |  |
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|  | **16-Jan** | **17-Jan** | **18-Jan** | **19-Jan** | **20-Jan** | **21-Jan** | **22-Jan** |
|  |  |  |  |  |  |  |  |
| Week 8 |  | Tri Chicks Training Night |  |  | Swim 300-600m | Bike 40 mins | Open water swim |
| Rest Day | or Swim 300-600m | Bike 45 mins | Run/Walk 35 mins |
|  | (12-24 lengths of a 25m pool) | Run/Walk 8 mins off the bike | and/or Run/Walk 35 mins |
|  |  | (12-24 lengths of a 25m pool) |  |  |
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|  |  |  |  |  |  |  |  |
|  | **23-Jan** | **24-Jan** | **25-Jan** | **26-Jan** | **27-Jan** | **28-Jan** | **29-Jan** |
|  |  |  |  |  |  |  |  |
| Week 9 |  | Tri Chicks Training Night |  |  | Swim 400-600m | Bike 45 mins | Open water swim |
| Rest Day | or Swim 400-600m | Bike 45 mins | Run/Walk 40 mins |
|  | (16-24 lengths of a 25m pool) | Run/Walk 10 mins off the bike | and/or Run/Walk 35 mins |
|  |  | (16-24 lengths of a 25m pool) |  |  |
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|  |  |  |  |  |  |  |  |
|  | **30-Jan** | **31-Jan** | **1-Feb** | **2-Feb** | **3-Feb** | **4-Feb** | **5-Feb** |
|  |  |  |  |  |  |  |  |
| Week 10 |  |  |  |  | Swim 400-600m | Swim 200-400m in pool or seaBike 30 mins | Open water swim |
| Rest Day | Tri Chicks Training Night or Swim 400m | Bike 10kms | Run/Walk 4kms |
|  | (16-24 lengths of a 25m pool) | Run/Walk 10 mins off the bike | and/or Run/Walk 40 mins |
|  |  | (16 lengths of a 25m pool) |  |  |
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|  | **6-Feb** | **7-Feb** | **8-Feb** | **9-Feb** | **10-Feb** | **11-Feb** | **12-Feb** |
|  |  |  |  |  |  |  |  |
| Week 11 |  | Tri Chicks Training Night |  |  | Swim 400-600m | Bike 30 mins | Open water swim |
| Rest Day | or Swim 400m | Bike 35 mins | Run/Walk 30 mins |
|  | (16-24 lengths of a 25m pool) | Run/Walk 10 mins off the bike | then Run/Walk 20 mins |
|  |  | (16 lengths of a 25m pool) |  |  |
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|  |  |  |  |  |  |  |  |
|  | **13-Feb** | **14-Feb** | **15-Feb** | **16-Feb** | **17-Feb** | **18-Feb** | **19-Feb** |
|  |  |  |  |  |  |  |  |
| Week 12 |  | Tri Chicks Training Night |  |  | Bike 15 mins |  | RACE DAY |
| Rest Day | or Swim 400m | Bike 10kms | Run/Walk 20mins | Day Off | 400m Swim, 10km bike, |
|  | Run/Walk 5 mins |
|  |  | (16 lengths of a 25m pool) |  |  |  | 4km Run/Walk |
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***NOTES TO TRAINING***

***SWIMMING:***

* *For the 3nd & 10th Feb sessions: Try & swim as far as possible without stopping & practise head up breathing/sighting/looking forward to see where you are going. Remember there are no lines on the bottom of the ocean so it makes a difference if you want to stay on course ☺*
* *For the open water sessions, just get used to swimming in the open water. Time and distance doesn't matter. Get under, get wet and get used to the cold water. NO PRESSURE! Most ladies have a real anxiety about the open water, the sea especially, so just take your time and relax!*
* *All swim sessions can be in the pool or the open water – remember to wear a bright coloured swim cap in the open water so you can be seen by vessels on the water. Try and always swim with a buddy or someone watching onshore – if you have to swim alone, stay shallow so you can stand up at all times*

***CYCLING:***

* *Be safe and be seen – wear bright coloured clothing when out on the roads and use lights if it is a dull grey day or getting dark*
* *Off road riding on trails or cycle paths makes for safe and effective training – take the kids out and have some fun as a family training together*
* *Make sure your helmet fits securely on your head. Straps are tight around the chin and your head sits in the helmet! It’s not going to work if it’s perched on the top of it cos you are borrowing your child’s small helmet!*
* *Make sure your tyres are pumped up and the chain is oiled – this will make the bike far more efficient and therefore more fun to ride!*
* *Make sure your bike fits you. You should have a very small bend in the knee when your foot is at the bottom of the pedal stroke. If your knees hurt when riding, your seat is generally too low. If you are having to move your hips from side to side to reach the pedals, pop the seat down*

***RUN/WALKING:***

* *The Generation Homes Women’s Triathlon welcomes walking so there is no pressure to run at all*
* *The “bike to run transition” can be awful for your legs – they feel like jelly. That’s why we practise it. If you want to get more practise at it, go for a 5-10min walk/run off every bike ride you do – it will never go away, but it gets easier to manage when you know how it feels*

***PUTTING IT ALL TOGETHER:***

* *The 4th Feb session is a full practise to make sure that the clothing you are thinking of wearing will work ok for the whole swim/bike/run event. Pretend it is race day and practise changing and going between each discipline. It doesn’t need to be a hard session, just practise what it will feel like and iron out any potential clothing dramas!*
* *Week 6 is a bit of a recovery week where the time & distance drops back a tad – if you feel like you need another rest day that week to catch up, just miss another session*

***STRUGGLING?***

* *For the timetable of training sessions being run on Tri Chicks Training Nights, please refer to the separate calendar found in the Race Information section on* [*http://triathlontauranga.org.nz/events/trichicks/*](http://triathlontauranga.org.nz/events/trichicks/)*. It’s a great opportunity to practise swimming with other people & meet others who are feeling as nervous as you!*
* *Triathlon Tauranga hold weekly training sessions on a Wednesday evening throughout summer. If you are keen to learn more please feel free to come along to two free sessions to try it out before joining. All sessions cater to all abilities and is a great way to learn more tricks of the trade* [*https://triathlontauranga.org.nz/*](https://triathlontauranga.org.nz/)

***If you have any specific queries relating to your training and/or the programme, please email Kathy Miller at Fit Goals*** ***fit-goals@outlook.com***