Triathlon Tauranga
triathlontauranga.org.nz

Tri Chicks 2027

12 Week Beginners Training Programme Weeks 1-6

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

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Tri Chicks 2027
12 Week Beginners Training Programme Weeks 7-12

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

NOTES TO TRAINING

SWIMMING:

- *For the 30th Jan, 2nd & 9th 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 don'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 must swim alone, stay shallow so you can always stand up.*

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 its 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 Calley 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 1st 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/. 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/*

If you have any specific queries relating to your training and/or the programme, please email TriChicks at info@trichicks.co.nz