



Excell Tri Coaching and Tucson JCC

12 week Olympic Triathlon Training Program

Athletes requirements: Swim 500 yards, Bike 10 miles, & Run 3 miles before start of program

Target race: **Deuces Wild Endurance Festival on June 8-9, 2019**

All sessions at Tucson JCC, 3800 E River Rd, unless otherwise noted. Sessions are 60-120 min.

Coaches: **Robin Kremer & Michael Lorimer**

WEEKLY Practices (unless otherwise noted):

Tuesday	Group Session	6:15pm	JCC Outdoor basketball court
Tues & Thurs	JCC masters Swim	6:00am	JCC Pool

Sessions:

- March 12** 1. Program Kickoff - Group **Bike** for skills/bike control (2 hrs)
- March 19** **No practice- Spring break**
- March 26** 2. Group **Swim** form check & zone testing (6am only, no evening practice)
- April 2** 3. Group **Run**, Form work and zone running
- April 9** 4. A **Strength** workout and Injury Prevention (6am only, no evening practice)
- April 16** 5. Group **Bike**, understanding gears and hill climbs
- April 23** 6. Group **Transition** and Brick work
- April 30** 8. Group **Run**-5K night, **Nutrition**
- May 7** **No practice**
- May 14** 9. Understanding different **devices & equipment** for training
- May 18** 10. Parker Lake Open water **Swim** day (Saturday - meet at JCC at 6am and carpool)
- May 21** 10. Group **Bike** ride (2 hrs)
- May 28** 11. Lecture on **Mental Training, Goal Setting**
- June 4** 12. **Race Management** - Final prep in Show Low

Cost: \$399* Includes **12-week training plan**, coached clinics, group workouts in all three sports, discount on basic bike tune-up with **Bicycle Ranch** and program T-shirt.

*Cost **does not** include Triathlon registration