

# James Rourke memorial triathlon

SO...you want to do the James O'Rourke Memorial Triathlon? First, you will need to know that it is technically a sprint distance triathlon. Don't let the word "sprint" scare you. For beginners, it really just means "short distance" – you can worry about getting faster later. If you are an intermediate, you can add speed work on some of your training days in each discipline. This program is geared to help you comfortably finish the whole event. Swim or water walk; bike and run or walk. No program is perfect for everyone. Try this one or research your own. The secret is to find a plan, use it as a guide, be flexible, and let it help get you to the finish line. Happy Training!

## \*In Minutes For Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Swim 15 / Run 20	Off	Bike 35	Run 20	Swim 30	Off	Bike 40	<b>160 min.</b>
2	Swim 20 / Run 25	Off	Bike 35	Run 20	Swim 30	Off	Bike 45	<b>175 min.</b>
3	Swim 20 / Run 25	Off	Bike 30	Run 25	Swim 35	Off	Bike 45	<b>180 min.</b>
4	Swim 20 / Bike 30	Off	Run 25	Swim 25	Bike 45	Off	Run 30	<b>175 min.</b>
5	Swim 25 / Bike 30	Off	Run 25	Run 30	Swim 30	Off	Bike 45	<b>185 min.</b>
6	Run 15	Off	Bike 25	Run 15	Bike 25	Off	Swim 20	<b>100 min.</b>
7	Run 15	Off	Bike 30	Bike 25	Run 20	Off	Swim 25	<b>115 min.</b>
8	Swim 25 / Bike 35	Off	Run 35	Bike 50	Swim 30	Off	Run 35	<b>210 min.</b>
9	Swim 25 / Bike 35	Off	Run 25	Swim 30	Bike 35/ Run 20	Off	Run 35	<b>205 min.</b>
10	Swim 30 / Run 30	Off	Bike 45	Run 45	Swim 35	Off	Bike 60	<b>245 min.</b>
11	Swim 20 / Bike 30	Off	Run 25	Bike 35	Swim 20	Off	Bike 55/Run 30	<b>215 min.</b>
12	Off	Bike 15	Off	Swim 15	Run 15	Off	<b>Race!!!!</b>	<b>45+race</b>

## \*In Minutes For Intermediates

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Swim 20 / Run 25	Off	Bike 30	Run 25	Swim 20	Off	Bike 45	<b>165 min.</b>
2	Swim 25 / Run 25	Off	Bike 50	Run 30	Swim 25	Off	Bike 50	<b>205 min.</b>

<b>3</b>	Swim 30 / Run 30	Off	Bike 40	Run 30	Swim 30	Off	Bike 50	<b>210 min.</b>
<b>4</b>	Swim 20 / Run 30	Off	Bike 45	Run 30	Swim 25	Off	Bike 60	<b>210 min.</b>
<b>5</b>	Swim 30 / Bike 40	Off	Run 30	Run 30	Swim 30	Off	Bike 70	<b>230 min.</b>
<b>6</b>	Run 30	Off	Bike 45	Run 30	Bike 45	Off	Swim 30	<b>180 min.</b>
<b>7</b>	Run 30	Off	Bike 50	Bike 45	Run 30	Off	Swim 30	<b>185 min.</b>
<b>8</b>	Swim 30 / Bike 45	Off	Run 40	Bike 75	Swim 30	Off	Run 40	<b>260 min.</b>
<b>9</b>	Swim 20 / Bike 45	Off	Run 30	Swim 40	Bike 75/ Run 20	Off	Run 40	<b>270 min.</b>
<b>10</b>	Swim 30 / Run 35	Off	Bike 100	Run 50	Swim 30	Off	Bike 50	<b>295 min.</b>
<b>11</b>	Swim 30	Off	Run 30	Bike 45	Swim 20	Off	Bike 60/Run 30	<b>215 min.</b>
<b>12</b>	Off	Bike 25	Off	Swim 25	Run 25	Off	<b>Race!!!!</b>	<b>75+race</b>