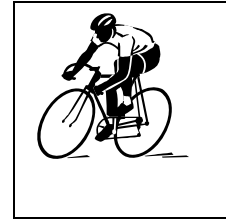




Tri Training Program

Starts week of 5/5/08
Race day: Saturday, July 18



If you are able to separately complete a 30 min run, 45 min bike and 20 min swim then you are ready to start training for the Tiger Tri! Colville Fitness, Benny's Colville Inn and Colville Parks & Rec have teamed up to offer this exciting opportunity. Sign up as a first time Tiger Tri participant and we will get you in race shape in just 10 weeks!



Swimming is usually the reason people are reluctant to participate in triathlons but we have coaches standing by to help! Bike and run coaches will also be provided as well as a personal trainer. Additionally, we will be setting up regular group training sessions.

Here is the first three weeks' schedule (from www.trinewbies.com):

- Week 1: Monday – rest
Tuesday – swim 300 yards, run 3 miles
Wednesday – bike 8 miles, weights
Thursday – swim 300 yards, run 2 miles
Friday – rest
Saturday – run 3 miles, weights
Sunday – bike 10 miles
- Week 2: Monday – rest
Tuesday – swim 300 yards, run 3 miles
Wednesday – bike 10 miles, weights
Thursday – swim 500 yards, run 3 miles
Friday – bike 8 miles
Saturday – run 4 miles, weights
Sunday – bike 10 miles
- Week 3: Monday – rest
Tuesday – swim 500 yards, run 3.5 miles
Wednesday – bike 10 miles, weights
Thursday – swim 500 yards, run 3 miles
Friday – bike 10 miles
Saturday – run 5 miles
Sunday – bike 12 miles

As you can see from this schedule, the distances increase slowly from week to week. Every four weeks is a "recovery week". During this week you will scale back your workouts in order to give your body a bit of a break.

If you are interested in the entire 10 week program, contact Deborah Rarrick at Parks & Rec 684-6037.