



The 27th annual **Chicago Triathlon** holder of the Guinness World Record as "Largest International Distance Triathlon," and staged on a spectacular downtown course with 11,000 participants, 250,000 spectators and millions more through local, regional and national media.

# CHICAGO TRIATHLON TRAINING PLAN

- Program design for **Chicago tri Aug 30<sup>th</sup>**
- 16 training weeks of weekly sessions and personal programs, 7:30-8:30am –Saturday's
- Limit 15 participants
- Super sprint, sprint, Olympic or all 3.  
You pick your distance and we'll make the plan.

- 5/16 get program and discuss set up, language of program/HR zones
- 5/23 strength training routine
- 5/30 stretching/foam rolling routine
- 6/6 swim workshop
- 6/13 bike training/run training
- 6/20 supplements lecture/bike maintenance
- 6/27 open water swim and lecture on transition
- 7/4 no meet, holiday weekend
- 7/11 new strength routine
- 7/18 outdoor swim
- 7/25 outdoor swim/bike
- 8/1 outdoor swim/bike/run with real transitions
- 8/8 outdoor swim
- 8/15 outdoor swim/bike/run
- 8/22 course talk
- 8/29 pre race talk
- 8/30 race day

\$960 for the entire program with Crunch. Payments made to Crunch.  
Entry fee to the race is not included. [www.chicagotriathlon.com](http://www.chicagotriathlon.com)  
Payments are non-refundable  
Sign up by 5/2/09