

Beginner Sprint Race:

Buster Britton
Old Hickory Lake
Music City Sprint
Mountain Lakes

This easy-to-follow, 8-week plan is intended to prepare the beginner triathlete who has little or no experience with swimming, biking or running for the **Old Hickory Lake Triathlon's** unique split run format. It includes run/walk options and simple strength training exercises to complete your preparation. The training plan will prepare you for the 400 yard swim in the calm inlet waters of Old Hickory Lake, then transition to a 1 mile run before going into the main staging area to begin the 12 mile bike which is then followed by the final 2 mile run.

This easy-to-follow, 8-week plan is intended to prepare the beginner triathlete who has little or no experience with swimming, biking or running for the **Music City Short Course Triathlon**. It includes run/walk options and simple strength training exercises to complete your preparation.

The training plan will prepare you for the 400 yard swim in the Cumberland river followed by the 20K bike on smoothly paved, Ellington Parkway, which will be closed to traffic. The 5K urban run follows the east and west sides of the river in the downtown business district to an exciting finish line filled with your cheering fans, adjacent to LP field, home of the Tennessee Titans!

This easy-to-follow, 8-week plan is intended to prepare the beginner triathlete who has little or no experience with swimming, biking or running for the **Mountain Lakes Triathlon**. It includes run/walk options and simple strength training exercises to complete your preparation.

The training plan will prepare you for the 600 yard swim in Lake Guntersville then a quick transition to the 16.2 mile slightly rolling bike course that runs along rural areas surrounding the lake. The final stretch takes you across the bridge with beautiful Lake Guntersville on both sides. The 5K run is flat and fast with the lake serving as a backdrop. Enjoy a refreshing dip in the Guntersville recreation center pool as you await the awards!

Beginner Super Sprint Race:

Cedars of Lebanon

LJCC

Girls Tri It On Nashville

AL Coastal Tri It On

This easy-to-follow, 8-week plan is intended to prepare the beginner triathlete who has little or no experience with swimming, biking or running for the **Girls Tri It On Nashville Triathlon**. It includes run/walk options and simple strength training exercises to complete your preparation.

The training plan will prepare you for the 200-meter swim in the Maryland Farms YMCA outdoor pool followed by the 2-loop, 8K bike on Maryland Way. Upon finishing the bike you'll start the nice and flat 1.25 mile run. Since your nerves will already be settled by your good preparation, an added bonus is that you won't have to worry about cars on either the bike or run course, as both will be closed to vehicular traffic.

This easy-to-follow, 8-week plan is intended to prepare the beginner triathlete who has little or no experience with swimming, biking or running for the **Coastal "Tri It On" triathlon**. It includes run/walk options and simple strength training exercises to complete your preparation.

The training plan will prepare you for the 300-yard gulf swim followed by a 10 mile bike through the scenic state park. Upon finishing the bike you'll start the flat, out and back, 2 mile run. While waiting for your race results, you'll have a blast at The Hangout, which sits seaside along the beautiful white sands of the Gulf coast.

Olympic Race:
Chattanooga
Music City
AL Coastal

This easy-to-follow, 12-week training plan is intended for the first- or second-year triathlete who plans to complete the **Chattanooga Waterfront Triathlon**. Weekly training includes 3 swim, 3 bike, 3 run workouts, simple strength training exercises and includes run/walk options. You'll be prepared for the 1.5k Tennessee river swim, the 40k challenging bike course that rolls along the north bank of the river and finally the 10k run takes you along urban areas leading to the Riverwalk and back to the main staging area. Chattanooga offers lost of post race fun!

This easy-to-follow, 12-week training plan is intended for the first- or second-year triathlete who plans to complete the **Music City Olympic distance Triathlon**. Weekly training includes 3 swim, 3 bike, 3 run workouts, simple strength training exercises and includes run/walk options to prepare you for the 1.5k swim in the Cumberland river followed by the 2-loop, 40K bike on smoothly paved, Ellington Parkway, which will be closed to traffic. The 10K urban run follows the east and west sides of the river in the downtown business district to an exciting finish line filled with your cheering fans, adjacent to LP field, home of the Tennessee Titans!

This easy-to-follow, 12-week training plan is intended for the first- or second-year triathlete who plans to complete the Brett Robinson **Alabama Coastal Olympic distance Triathlon**. Weekly training includes 3 swim, 3 bike and 3 run workouts and simple strength training exercises and includes run/walk options to prepare you for the 1.5k gulf swim, 40K bike, that runs adjacent to the gulf, and a flat 10K run. While waiting for your race results, you'll have a blast at The Hangout, which sits seaside along the beautiful white sands of the Gulf coast!