

Fit For...

Triathlon Sprint Beginner

Remember your *warm-up* and *cool-down* stretches

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim 25m drill then 25m swim (see drills sheet) x 10 (long warm up and down as wish on all swims)	Run Steady 20-30 mins with 6 mins at a higher pace (just under race pace)	Swim/Bike 5 x 100m with 60 seconds rest interval OR Bike 45-60 mins with 10 mins at just below race pace	Swim/Bike 5 x 100m with 60 seconds rest interval OR Bike 45-60 mins with 10 mins at just below race pace	Rest Day Rest or active recovery	Run Long easy run 30-40 mins	Bike Easy ride 60 + mins
Week 2	Swim 25m drill then 25m swim (see drills sheet) x 10 (long warm up and down as wish on all swims)	Run Steady 25-35 mins with 8 mins at a higher pace (just under race pace)	Swim/Bike 6 x 100m with 55 seconds rest interval OR Bike 45-60 mins with 12 mins at just below race pace	Swim/Bike 6 x 100m with 55 seconds rest interval OR Bike 45-60 mins with 12 mins at just below race pace	Rest Day Rest or active recovery	Run Long easy run 30-40 mins	Bike Easy ride 70 + mins
Week 3	Swim 25m drill then 25m swim (see drills sheet) x 12 (long warm up and down as wish on all swims)	Run Steady 25-35 mins with 10 mins at a higher pace (just under race pace)	Swim/Bike 7 x 100m with 60 seconds rest interval OR Bike 45-60 mins with 14 mins at just below race pace	Swim/Bike 7 x 100m with 55 seconds rest interval OR Bike 45-60 mins with 14 mins at just below race pace	Rest Day Rest or active recovery	Run Long easy run 35-45 mins	Bike Easy ride 75 + mins
Week 4 *	Swim 25m drill then 25m swim (see drills sheet) x 12 (long warm up and down as wish on all swims)	Run 30 mins easy	Swim/Bike 400m time trial record times for each 100m so can see pace OR 50-70 min easy bike ride no pressure on flat roads	Swim/Bike 400m time trial record times for each 100m so can see pace OR 50-70 min easy bike ride no pressure on flat roads	Rest Day Rest or active recovery	Rest Day Rest or active recovery - maybe a gentle swim or easy walk	Rest Day Rest or active recovery - maybe a gentle swim or easy walk

*Recovery Week

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Triathlon Sprint Beginner

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim 50m drill then 50m swim (see drills sheet) x 8 (long warm up and down as wish on all swims)	Run Steady 25-35 mins with 10 mins at a higher pace (just under race pace)	Swim/Bike 7 x 100m with 55 seconds rest interval OR Bike 45-60 mins with 14 mins at just below race pace	Swim/Bike 7 x 100m with 55 seconds rest interval OR Bike 45-60 mins with 14 mins at just below race pace	Rest Day Rest or active recovery	Bike/Run Mimic race conditions practice course if possible or do similar route - practice transitions bike and run	Rest Day Rest or active recovery
	Swim 50m drill then 50m swim (see drills sheet) x 8 (long warm up and down as wish on all swims)	Run Steady 25-35 mins with 12 mins at a higher pace (just under race pace)	Swim/Bike 8 x 100m with 50 seconds rest interval OR Bike 45-60 mins with 4mins at race pace x 3	Swim/Bike 8 x 100m with 50 seconds rest interval OR Bike 45-60 mins with 4mins at race pace x 3	Rest Day Rest or active recovery	Run Steady run (30 mins) with 1 min hard then 1 min easy x 6 in middle of session	Bike/Run Easy ride (75-90 mins) with 2 x 10 mins practicing race position on bike. Get off bike and do 10 min easy run
	Swim 50m drill then 50m swim (see drills sheet) x 10 (long warm up and down as wish on all swims)	Run Steady 25-35 mins with 14 mins at a higher pace (just under race pace)	Swim/Bike 5 x 100m with 40 seconds rest interval OR Bike 45-60 mins with 3mins at race pace x 5	Swim/Bike 5 x 100m with 40 seconds rest interval OR Bike 45-60 mins with 3mins at race pace x 5	Rest Day Rest or active recovery	Run/Bike Brick session - 12 mins on bike then get off and run for 8 mins, rest 5 mins and repeat	Bike 30-45 mins easy spinning to recover legs
	Swim 25m drill then 25m swim (see drills sheet) x 14 (long warm up and down as wish on all swims)	Run Hard run 2 mins fast then 2 mins rest x 4, slow jog to recover at end	Swim Gentle swim or day off	Bike Easy warm up then 5 mins building pace so by end of 5 mins going at race pace, rest for 5 mins and repeat x 4	Rest Day Rest	RACE Race weekend - good luck and enjoy the day.	RACE Race weekend - good luck and enjoy the day.

If you are looking for a race check out the link on the Fit For...Triathlon Page

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