

Fit For...

Triathlon Sprint Intermediate / Advanced

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 30 mins steady	Swim & Bike Swim 10x50m (45 sec rest) Bike 60 mins with 10 mins hard in the middle	Off Rest or active recovery / stretching	Swim / Bike Swim – 200mx3 fast (1 min rest) long warm up and down Bike – optional easy bike. Bike session choice	Run 20 mins run and core exercises	Bike 1.5 – 2 hr bike ride. Steady pace
Week 2	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 35 mins steady	Swim & Bike Swim 10x50m (35 sec rest) Bike 60 mins with 15 mins hard in the middle	Off Rest or active recovery / stretching	Swim / Bike Swim – 250mx3 fast (1min rest) long warm up and down Bike – optional easy. Bike session choice	Run 25 mins run and core exercises	Bike 2 – 2.5 hr bike ride. Steady pace
Week 3	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 40 mins steady	Swim & Bike Swim 10x50m (25 secs rest) Bike 60 mins with 20 mins hard in the middle	Off Rest or active recovery / stretching	Swim / Bike Swim – 300mx3 fast (1min rest) long warm up and down Bike – optional easy. Bike session choice	Run 30 mins run and core exercises	Bike 2.5 – 3 hr bike ride. Steady pace
Week 4 *	Easy / Test Week Gym Light weights and core exercises	Run 20 mins – time trial hard as can go record info	Off Rest and stretch	Bike 30 mins time trial hard as can go	Swim 10 mins time trial hard as can go record info each 100m	Off Rest or active recovery / stretching	Off Rest or active recovery / stretching

*Recovery Week

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 30 mins with 30 secs x5 at race pace effort	Swim & Bike Swim 10-12x50m. Max effort with 30 secs rest	Off Rest and stretch	Swim / Bike Swim 4/5x200. Max effort with 1 min rest. Bike – optional easy. Bike session choice	Run / Bike Mimic race conditions, practice course if possible or do similar route – practice transition bike and run	Off Rest or active recovery
	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 35 mins with 45 secs x t at race pace effort	Swim & Bike Swim 12x50m. Max efforts with 30 secs rest	Off Rest and stretch	Swim / Bike 400mx2 with 90 secs rest. Bike – optional easy. Bike session choice	Run / Bike Brick session - 20mins on bike then get off and run for 10 mins, rest 5 mins and repeat x2/3 (slightly slower than race pace)	Bike 1.5 – 2hr easy spinning to recover legs
	Gym / Swim Upper and lower body weights and body weight exercises. Optional swim if time – focus on technique work	Run 40 mins with 45 secs x 6 at race pace effort	Swim & Bike Swim – 8x50m. max effort with 30 sec rest and 4x25m with 15 sec rest. Bike – 50 mins with 4x2 mins hard and 3 mins easy	Off Rest and stretch	Swim / Bike Swim – 8x100m with 30 secs rest. Bike – optional easy. Bike session choice	Run / Bike Brick session – 10 mins on bike then get off and run for 5 mins, rest 5 mins and repeat x3 (1 st and 2 nd slightly slower than race pace, and 3 rd at race pace)	Bike 1.5 – 2hr easy spinning to recover legs.
	Off Rest or active recovery / stretching	Run 1 min max effort x3 within a 20 min run	Swim Gentle swim or day off	Bike Easy warm up then 5mins building pace so by end of 5mins going at race pace, rest for 5mins and repeat x4	Off Rest	Race Race weekend – good luck and enjoy the day	Race Race weekend – good luck and enjoy the day

*Recovery Week

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