

10 WEEK SPRINT TRIATHLON - 1 of 2

Workout Goal	This workout plan is perfect for an individual wishing to complete a sprint triathlon. Think carefully about the support required from friends, family and training partners						
Workout Description	Training for a triathlon is time consuming, you should have some swim/bike & running experience before starting this workout planner.						
Safety Brief	Usual Treadmill and Cycle brief, shower before swimming, no running on pool side, no food or glass bottles on pool side						
Equipment	Treadmill, Bike & Goggles, Pool Buoy and Kick Board						
The Workout	Session Design				Methodology		
	Follow the plan below as best you can, but you can switch days to accommodate your schedule and training partners. Just make sure you don't do two really intense or long workouts two days in a row.				Monday's a generally set as rest days as it's likely you'll have more time for longer runs & rides at the weekend. Don't ignore the rest days, they are critical to ensure your body recovers.		
Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Weights program/class or rest	20 min swim technique, drills & intervals, 20 min moderate bike	Run hard for 20 mins	20 min bike, 10 min run moderate pace	Rest	Swim Hard for 15 mins. 20 min moderate bike	25 min bike, 15 min run moderate pace
Week 2	Weights program/class or rest	25 min swim technique, drills & intervals, 25 min moderate bike	Run hard for 25 mins	25 min bike, 15 min run moderate pace	Rest	Swim Hard for 20 mins. 30 min moderate bike	30 min bike, 20 min run moderate pace
Week 3	Weights program/class or rest	25 min swim technique, drills & intervals, 30 min moderate bike	Run hard for 30 mins	30 min bike, 20 min run moderate pace	Rest	Swim Hard for 25 mins. 40 min moderate bike	35 min bike, 25 min run moderate pace
Week 4	Weights program/class or rest	30 min swim technique, drills & intervals, 40 min moderate bike	Run hard for 40 mins	35 min bike, 25 min run moderate pace	Rest	Swim Hard for 30 mins. 45 min moderate bike	Brick session Bike to Run. 40 min bike, 30 min run moderate pace
Week 5 (recover/reset week)	Rest	20 min swim technique, drills & intervals, 20 min moderate bike	Run moderate for 30 mins	Rest	Rest	Swim moderate for 20 mins. 20 min moderate bike	20 min bike, 20 min run moderate pace
Week 6	Weights program/class, additional stretch or rest.	30 min moderate swim, 40 min hard bike	Run hard for 40 mins	40 min bike, 30 min run moderate pace	Rest	Swim Hard for 30 mins. 45 min moderate run	45 min bike, 30 min run hard pace

10 WEEK SPRINT TRIATHLON - 2 of 2

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 (Technique week)	Weights program/ class, additional stretch or rest	40 min swim technique, drills & intervals, 40 min hard bike drills	Run hard for 40 mins	40 min bike, 30 min run moderate pace	Rest	40 min swim technique, drills & intervals, 40 min hard run drills	45 min bike, 30 min run hard pace
Week 8	Weights program/ class, additional stretch or rest	30 min moderate swim, 40 min hard bike	Run hard for 40 mins	40 min bike, 30 min run moderate pace	Rest	Swim Hard for 30 mins. 45 min moderate run	45 min bike, 30 min run hard pace. Against the clock
Week 9	Weights program/ class, additional stretch or rest	35 min moderate swim, 45 min hard bike	Run hard for 45 mins	40 min bike, 30 min run moderate pace	Rest	Swim Hard for 30 mins. 45 min moderate run	45 min bike, 30 min run hard pace. Against the clock
Week 10	Additional stretch or rest	35 min moderate swim, 45 min hard bike	Run moderate for 30 mins	40 min bike, 30 min run moderate pace	Rest	10 mins technique on each discipline	Race Day, good luck!
Cool Down	For all disciplines slow to walking pace for 5 minutes and then stop						
Stretch	Quads, Hamstrings, Calf, Glutes, Lower Back focus on bike & run. Upper body chest, tricep and back, in addition to legs on swim days						
Signposting	Enquire with reception to see if any of the PT's at your club have any triathlon specific experience						