

WEEK 1 SPRINT TRAINING PLAN

Goal for this week: Get used to the new training schedule

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,050 yards

200 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

4 x 25 kick set – may use fins

200 yard cool down

SWIM 2 = 1,050 yards

200 yd warm up

6 x 25 drills

4 x 100 – each 100 = 25 easy/25 hard/easy/hard w/10 secs rest btwn 100s

4 x 25 kick set – may use fins

200 yd cool down

BIKE 1

45 min ride at moderate pace

BIKE 2

45 min ride at moderate pace

RUN 1

25 min run at moderate pace

RUN 2

25 min run at moderate pace

WEEK 2
SPRINT TRAINING PLAN

Goal for this week: Build momentum by completing all scheduled workouts

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,050

200 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

4 x 25 kick set – may use fins

200 yard cool down

SWIM 2 = 1,050 yards

200 yd warm up

6 x 25 drills

4 x 100 – each 100 = 25 easy/25 hard/easy/hard w/10 secs rest btwn 100s

4 x 25 kick set – may use fins

200 yd cool down

BIKE 1

45 min ride at moderate pace

BIKE 2

45 min ride at moderate pace

RUN 1

25 min run at moderate pace

RUN 2

25 min run at moderate pace

WEEK 3 SPRINT TRAINING PLAN

Goal for this week: Hang in there – recovery week is next week!

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,200

250 yards warm up

6 x 25 yards drills

5 x 100 yards – moderate speed, with 5 secs rest btwn 100s

4 x 25 kick set – may use fins

250 yard cool down

SWIM 2 = 1,100 yards

250 yd warm up

6 x 25 drills

4 x 100 – each 100 = 25 easy/25 hard/easy/hard w/10 secs rest btwn 100s

4 x 25 kick set – may use fins

250 yd cool down

BIKE 1

45 min ride at moderate pace

BIKE 2

45 min ride at moderate pace

RUN 1

30 min run at moderate pace

RUN 2

30 min run at moderate pace

WEEK 4
SPRINT TRAINING PLAN

**Goal for this week: Recover – fully absorb your training
finish the week feeling rested & ready to train hard next week**

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,000

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

250 yard cool down

SWIM 2 = 1,200 yards

250 yd warm up

6 x 25 drills

3 x 200 – 45 secs rest between

250 yd cool down

BIKE 1

50 min ride w/5 x 1 min hills – climb these at max intensity w/2 min recovery
betwn hills

BIKE 2

45 min steady, moderate effort followed by 10 min transition run

RUN 1

25 min run at moderate pace

RUN 2

25 min run at moderate pace

WEEK 6
SPRINT TRAINING PLAN

Goal for this week: Find your groove during threshold swim intervals

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,500

250 yards warm up

6 x 25 yards drills

8 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

SWIM 2 = 1,500 yards

250 yd warm up

6 x 25 drills

4 x 200 – 30 secs rest between

250 yd cool down

BIKE 1

1 hr ride w/7 x 1 min hills – climb these at max intensity w/2 min recovery
betwn hills

BIKE 2

1 hr steady, followed by 10 min transition run

RUN 1

35 min run at moderate pace

RUN 2

35 min run at moderate pace

WEEK 7
SPRINT TRAINING PLAN

Goal for this week: Finish strong in weekend long ride & run

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,600

250 yards warm up

6 x 25 yards drills

9 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

SWIM 2 = 1,500 yards

250 yd warm up

6 x 25 drills

4 x 200 – 20 secs rest between

250 yd cool down

BIKE 1

65 min ride w/8 x 1 min hills – climb these at max intensity w/2 min recovery betwn hills

BIKE 2

1 hr 15 min steady, followed by 10 min transition run

RUN 1

40 min run at moderate pace

RUN 2

40 min run at moderate pace

WEEK 8
SPRINT TRAINING PLAN

Goal for this week: Recovery! Fully absorb your recent training. Finish the week rested and ready to return next week to harder training

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,400

250 yards warm up

6 x 25 yards drills

7 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

SWIM 2 = 1,150 yards

250 yd warm up

6 x 25 drills

6 x 75 yds w/45 secs betwn 75s

250 yd cool down

BIKE 1

65 min ride w/22 mins of riding @ high intensity followed by 10 mins @ a lower speed – allow at least 10 mins of warm up and cool down

BIKE 2

30 mins steady, followed by 10 min transition run

RUN 1

35 min run at moderate pace

RUN 2

35 min run at moderate pace

WEEKS 9/10
SPRINT TRAINING PLAN

Goals for 2 weeks: Find your groove at the tempo rides & runs, and get used to running off the bike

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,700

250 yards warm up

6 x 25 yards drills

10 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

SWIM 2 = 1,150 yards

250 yd warm up

6 x 25 drills

6 x 75 yds w/30 secs betwn 75s

250 yd cool down

BIKE 1

65 min ride w/2 x 12 mins of riding @ high intensity followed by 10 mins @ a lower speed – allow at least 10 mins of warm up and cool down

BIKE 2

1 hr, 15 mins steady, followed by 10 min transition run

BIKE 3

1 hr, 5 mins w/2 x 24 mins of riding @ high intensity followed by 10 mins @ a lower speed – allow at least 10 mins of warm up and cool down

BRICK

45 min steady ride, followed by 10 min run

RUN 1

40 min run at moderate pace

RUN 2

345 min run at moderate pace; w/14 mins of steady threshold intensity running after a 10 min warm up

RUN 3

36 min run w/16 mins of high intensity pace after a 10 min warm up

RUN 4

45 min run at moderate pace

WEEKS 11 SPRINT TRAINING PLAN

Goal: Build confidence for next week's race – feel your fitness begin to peak!

This is a 12-week schedule, with 6 days of workouts and 1 day off. There are 2 workouts per discipline (swim/bike/run). As much as possible, alternate the workouts. For example, don't run 2 days in a row.

SWIM 1 = 1,200

250 yards warm up

6 x 25 yards drills

4 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

SWIM 2 = 1,225 yards

250 yd warm up

6 x 25 drills

7 x 75 yds w/30 secs betwn 75s

250 yd cool down

BIKE 1

70 min ride w/1-2 x 26 mins of riding @ high intensity followed by 10 mins @ a lower speed – allow at least 10 mins of warm up and cool down

BIKE 2

1 hr 30 mins steady ride

RUN 1

50 min run at moderate pace

RUN 2

38 min run at moderate pace; w/18 mins of steady threshold intensity running after a 10 min warm up

WEEK 12
SPRINT TRAINING PLAN

RACE WEEK! Have fun in Sunday's race

This week, the workouts are prescribed for specific days leading up to Sunday.

Tuesday - SWIM 1 = 1,800

250 yards warm up

6 x 25 yards drills

11 x 100 yards – moderate speed, with 5 secs rest btwn 100s

6 x 25 yd kicks – use fins

250 yard cool down

Friday - SWIM 2 = 975 yards

250 yd warm up

6 x 25 drills

5 x 75 yds w/45 secs betwn 75s

250 yd cool down

Wednesday - BIKE 1

50 min ride w/1-2 20 min blocks of riding @ high intensity followed by 10 mins @ a lower speed – allow at least 10 mins of warm up and cool down

Saturday - BIKE 2

20 min steady ride

Thursday - RUN 2

34 min run at moderate pace; w/14 mins of steady threshold intensity running after a 10 min warm up