

Sprint Triathlon training plan

Fitness - Mod

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c	Week 1	30min run at level 5	Session A - circuit	300m swim - record time.....	Rest	30min run at level 5	Session A - circuit	Rest
w/c	Week 2	30min run at level 5	Session A - circuit	300m swim - record time.....	Rest	30min run at level 5	Session A - circuit	45min cycle at Level 5
w/c	Week 3	40min run at level 6	Session A - circuit	400m swim - record time.....	Rest	30mins intervals running - flat route	Session A - circuit	60min cycle at level 6
w/c	Week 4	30min run at level 5	Session A - circuit	Slow swim - focus on technique, no target	Rest	30min run at level 5	Session A - circuit	Rest
w/c	Week 5	15km cycle at level 6	Session A - circuit	400m swim - record time.....	Rest	30mins intervals running - flat route	Session A - circuit	Brick session - 15k cycle + 5k run
w/c	Week 6	15km cycle at level 6	Session A - circuit	400m swim - record time.....	Rest	30mins intervals running - flat route	Session A - circuit	30min run at level 6
w/c	Week 7	20km cycle at level 6	Session B - circuit	500m swim - record time.....	Rest	35mins intervals - flat route	Session B - circuit	Brick session - 15k cycle + 5k run
w/c	Week 8	20km cycle at level 6	Session B - circuit	400m swim - record time.....	Rest	40min run at level 5	Session B - circuit	Rest
w/c	Week 9	20km cycle at level 6	Session B - circuit	500m swim - record time.....	Rest	35mins intervals - flat route	Session B - circuit	Brick session - 20k cycle + 5k run
w/c	Week 10	20km cycle at level 6	Session B - circuit	500m swim - record time.....	Rest	35mins intervals - flat route	Session B - circuit	25km cycle at level 6
w/c	Week 11	40min run at level 7	Session B - circuit	500m swim - record time.....	Rest	35mins intervals - flat route	Session B - circuit	Brick session - 20k cycle + 5k run
w/c	Week 12	20km cycle at level 6	Session B - circuit	400m swim - record time.....	Rest	30min run at level 5	Rest	Race

Effort Scale

1-3 Easy up to a gentle pace
 4-5 Able to hold a conversation
 6-7 Getting out of breath
 8-9 Cant talk - uncomfortable
 10 Flat out sprint

Swim

Focus on technique and record your time where possible for each session. Pay attention to the increased distances.
 300m = 12 lengths of 25m pool
 400m = 16 lengths of 25m pool
 500m = 20 lengths of 25m pool

Run

Intervals - 4 mins at Level 8: 2 mins at Level 5 for time indicated

Keep the arms tucked in, focus on using all of each foot and do the stretches below at the end each run.

Cycle

Choose flat route and record time focus on speed. Pay attention to different distances and repeat stretches from below at end. (especially Piriformis)

Brick

Perform the cycle and run elements back to back without any rest. Record time.

Distance calculator
 5km = 3.16 miles
 10km = 6.21 miles
 15km = 9.21 miles
 20km = 12.42 miles
 25km = 15.53 miles



Quadriceps stretch



Standing calf stretch



Standing hamstring stretch



Hip adductor stretch



Hip flexor stretch



Piriformis stretch

Session A

Exercise	Sets	Reps	Rest	Info
Clean to press	3	12	45 secs	Olympic bar from floor to overhead press
Squats	3	12	45 secs	Olympic Bar across back, heels flat, feet hip width
Deadlifts	3	12	45 secs	Feet hip width, back flat, core strong
Military Press (Overhead)	3	12	45 secs	Olympic Bar across collar bone, extend arms straight
Bent Over Row	3	12	45 secs	Back flat feet hip width, row bar into midriff
Standard Pressup	3	30	45 secs	Hands beyond shoulder width, core strong
Front Plank	1	1		Hold as long as possible whilst breathing smoothly

Session B

Dumbbell Lunge	3	20	45 secs	Alt legs, hip width stance, bend legs to 45 degrees
Dumbbell Snatch	3	20	45 secs	One armed snatch, dumbbell from floor to overhead in one move
Renegade Rows (left side)	3	12	30 secs	In pushup position but one hand on dumbbell, perform pushup then as you rise, row dumbbell up to side, repeat
Renegade Rows (right side)	3	12	30 secs	In pushup position but one hand on dumbbell, perform pushup then as you rise, row dumbbell up to side, repeat
Standing shoulder press	3	12	45 secs	Standing feet hip width, weights at shoulders, press overhead so arms straighten
Front Plank	1	1		Hold as long as possible whilst breathing smoothly