




Beginner's Sprint Triathlon Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 6/28-7/16	Swim 300 as: 50y easy warm up 8 x 25y easy with 15 sec between sets 50y easy cool down	Run 20 min as: 5 min walk Run 1 min/Walk 1 min x 5 reps 5 min walk	Bike 40 min Easy pace	Swim 300 as: 50y easy warm up 8 x 25y easy with 15 sec between sets 50y easy cool down	Rest Day Off	Bike 40 min Easy pace Run 15 min as: 5 min walk Run 1 min/Walk 1 min x 3 reps 4 min walk	Run 25 min as: 5 min walk Run 1 min/Walk 1 min x 8 reps 4 min walk
Week 2 7/5-7/17	Swim 300 as: 50y easy warm up 8 x 25y easy with 15 sec between sets 50y easy cool down	Run 20 min as: 5 min walk Run 1 min/Walk 1 min x 5 reps 5 min walk	Bike 45 min Easy pace	Swim 300 as: 50y easy warm up 8 x 25y easy with 15 sec between sets 50y easy cool down	Rest Day Off	Bike 45 min Easy pace Run 15 min as: 5 min walk Run 1 min/Walk 1 min x 3 reps 4 min walk	Run 30 min as: 5 min walk Run 2 min/Walk 1 min x 7 reps 4 min walk
Week 3 7/12-7/18	Swim 400 as: 50y easy warm up 12 x 25y moderate with 15 sec between sets 50y easy cool down	Run 30 min as: 5 min walk Run 2 min/Walk 1 min x 7 reps 4 min walk	Bike 45 min Easy pace	Swim 400 as: 50y easy warm up 6 x 50y easy with 15 sec between sets 50y easy cool down	Rest Day Off	Bike 45 min Easy pace Run 15 min as: 5 min walk Run 1 min/Walk 1 min x 3 reps 4 min walk	Run 34 min as: 5 min walk Run 3 min/Walk 1 min x 6 reps 5 min walk
Week 4 7/19-7/25	Swim 400 as: 50y easy warm up 6 x 50y moderate with 15 sec between sets 50y easy cool down	Run 34 min as: 5 min walk Run 3 min/Walk 1 min x 6 reps 5 min walk	Bike 50 min as: 20 min easy 10 min hard 20 min easy	Swim 500 as: 50y easy warm up 8 x 50y easy with 15 sec between sets 50y easy cool down	Rest Day Off	Bike 50 min Easy pace Run 15 min as: 5 min walk Run 1 min/Walk 1 min x 3 reps 4 min walk	Run 40 min as: 5 min walk Run 4 min/Walk 1 min x 6 reps 5 min walk
Week 5 7/26-8/1	Swim 500 as: 50y easy warm up 8 x 50y moderate with 15 sec between sets 50y easy cool down	Run 40 min as: 5 min walk Run 4 min/Walk 1 min x 6 reps 5 min walk	Bike 50 min as: 20 min easy 10 min hard 20 min easy	Swim 600 as: 50y easy warm up 5 x 100y easy with 15 sec between sets 50y easy cool down	Rest Day Off	Bike 50 min Easy pace Run 15 min as: 5 min walk Run 2 min/Walk 1 min x 2 reps 4 min walk	Run 52 min as: 5 min walk Run 5 min/Walk 1 min x 7 reps 5 min walk

Notes: If you have a run background you may run continuous. Saturday's workout is design to simulate a race, do the run immediately after the bike ride.

Training plan created by J. Himes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6 8/2-8/8	Swim 600 as: 100y easy warm up 4 x 100y moderate with 15 sec between sets 100y easy cool down	Run 40 min as: 5 min walk Run 5 min/Walk 1 min x 5 reps 5 min walk	Bike 60 min as: 30 min easy 10 min hard 20 min easy	Swim 800 as: 100y easy warm up 3 x 200y easy with 15 sec between sets 100y easy cool down	Rest Day Off	Bike 60 min Easy pace Run 20 min as: 5 min walk Run 4 min/Walk 1 min x 2 reps 5 min walk	Run 52 min as: 5 min walk Run 6 min/Walk 1 min x 6 reps 5 min walk
Week 7 8/9-8/21	Swim 700 as: 100y easy warm up 5 x 100y moderate with 15 sec between sets 100y easy cool down	Run 40 min as: 5 min walk Run 6 min/Walk 1 min x 4 reps 7 min walk	Bike 60 min as: 20 min easy 2 x(8 min hard then 2 min easy) 20 min easy	Swim 900 as: 100y easy warm up 3 x 200y easy with 15 sec between sets 200y easy cool down	Rest Day Off	Bike 60 min Easy pace Run 20 min as: 5 min walk Run 4 min/Walk 1 min x 2 reps 5 min walk	Run 58 min as: 5 min walk Run 7 min/Walk 1 min x 6 reps 5 min walk
Week 8 8/16-8/22	Swim 900 as: 100y easy warm up 7x 100y moderate with 15 sec between sets 100y easy cool down	Run 42 min as: 5 min walk Run 7 min/Walk 1 min x 4 reps 5 min walk	Bike 60 min as: 20 min easy 2 x(8 min hard then 2 min easy) 20 min easy	Swim 900 as: 200y easy warm up 2 x 300y easy with 15 sec between sets 100y easy cool down	Rest Day Off	Bike 70 min Easy pace Run 20 min as: 5 min walk Run 10 min easy 5 min walk	Run 64 min as: 5 min walk Run 8 min/Walk 1 min x 6 reps 5 min walk
Week 9 8/23-8/29	Swim 1000 as: 100y easy warm up 8 x 100y moderate with 15 sec between sets 100y easy cool down	Run 45 min as: 5 min walk Run 8 min/Walk 1 min x 4 reps 4 min walk	Bike 60 min as: 20 min easy 2 x(8 min hard then 2 min easy) 20 min easy	Swim 1000 as: 100y easy warm up 2 x 400y moderate with 15 sec between sets 100y easy cool down	Rest Day Off	Bike 75 min Easy pace Run 20 min as: 5 min walk Run 10 min easy 5 min walk	Run 60 min as: 5 min walk Run 9 min/Walk 1 min x 5 reps 5 min walk
Week 10 8/30-9/5	Swim 1000 as: 100y easy warm up 8 x 100y moderate with 15 sec between sets 100y easy cool down	Run 45 min as: 5 min walk Run 8 min/Walk 1 min x 4 reps 4 min walk	Bike 60 min easy	Swim 600 as: 100y easy warm up 400y moderate 100y easy cool down	Rest Day Off	Bike 30 min Easy pace Run 15 min as: 5 min walk Run 4 min/Walk 1 min 5 min walk	<u>RACE!</u>  9/5/10

Notes: If you have a run background you may run continuous. Saturday's workout is design to simulate a race, do the run immediately after the bike ride.

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