

# SPRINT TRIATHLON

## 12 Week Plan



### Legend

WU = Warm Up

CD = Cool Down

Rest / Strength = Listen to your body and rest if feeling worn down or you need a break. If you are feeling good and rested, add in a strength workout.

	1st Week	2nd Week	3rd Week	4th Week
MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength
TUE	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 25 minute easy swim, taking breaks as needed	<b>Swim</b> 30 minute easy swim taking breaks as needed	<b>Swim</b> Warm Up: 5 min. swim 4x 3 min. hard effort w/ 1 min. recovery between sets, Cool Down: 5 min.
WED	<b>Bike</b> Easy 40 minute bike ride	<b>Bike</b> Easy 40 minute bike ride	<b>Bike</b> Easy 40 minute ride	Rest / Strength
THU	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Run</b> 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Bike</b> WU 10 minutes easy spinning, 40 minutes easy effort, 5 minute CD
FRI	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	Rest / Strength
SAT	<b>Bike</b> WU 10 minutes (easy spinning), 30 minute medium effort, 5 minute cool down	<b>Bike</b> WU 10 minutes (easy spinning), 40 minute medium effort, 5 minute cool down	<b>Bike</b> WU 10 minutes (easy spinning), 45 minute medium effort, 5 minute cool down	<b>Run</b> WU 10 minutes (brisk walk), 30 minutes easy to medium effort, 5 minute CD
SUN	<b>Run</b> WU 10 minutes (brisk walk), 25 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 30 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 30 minute easy run	Rest / Strength



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### Example Strength Exercises:

Deadlifts - Dual & Single Leg  
 Squats - Dual & Single Leg  
 Lunges  
 Pushups  
 Step-ups / Box Jumps  
 Hip Bridges  
 Dumbbell Rows  
 Calf Raises  
 Planks, Russian Twists, Leg Raises

	5th Week	6th Week	7th Week	8th Week
MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength
TUE	<b>Swim</b> WU 5 min., swim 4x 4 min at a medium effort with 1 min recovery between sets, CD 5 min. easy	<b>Swim</b> WU 5 mins., 4x 5 mins. at medium effort with 1 min. recovery between sets, CD 5 mins. easy	<b>Swim</b> WU 5 mins., 4x 4 mins. at hard effort with 1 min recovery between sets, CD 5 mins. easy	<b>Swim</b> WU 5 minutes, 15 minutes steady medium hard effort, CD 5 minutes
WED	<b>Bike</b> Easy 45 minute bike ride	<b>Bike</b> Easy 45 minute bike ride	<b>Bike</b> Easy 45 minute ride	Rest / Strength
THU	<b>Run</b> WU 10 minutes (brisk walk), easy 15 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD
FRI	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	Rest / Strength
SAT	<b>Bike</b> WU 10 minutes (easy spinning), 35 minute medium effort, 5 minute cool down	<b>Bike</b> WU 10 minutes (easy spinning), 40 minute medium effort, 5 minute cool down	<b>Bike</b> WU 10 mins. (easy spinning), 40 mins. medium with 5 mins. at hard effort, 5 mins. CD	<b>Bike</b> WU 10 minutes (easy spinning), 45 minutes sustained hard effort, 10 minutes CD
SUN	<b>Run</b> WU 10 minutes (brisk walk), 30 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 40 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 40 minute easy run	Rest / Strength





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### Brick Workouts

A brick workout in triathlon is a training session that combines two different disciplines, typically cycling and running, back-to-back. The purpose is to simulate and practice the transition between disciplines.

For each brick workout, 1) wear and use the gear you plan to use on race day, 2) lay out your gear for the 2nd discipline before starting the 1st discipline and 3) after completing the 1st discipline transition to the 2nd as fast as possible.

	9th Week	10th Week	11th Week	12th Week
MON	Rest / Strength	Rest / Strength	Rest / Strength	Rest / Strength
TUE	<b>Swim</b> WU 5 mins., 4x 5 mins. medium hard effort with 1 min recovery between sets, CD 5 mins.	<b>Swim</b> WU 5 mins., 4x 5 mins. medium hard effort with 1 min. recovery between sets, CD 5 mins.	<b>Swim</b> WU 5 minutes, 4x 4 minutes at medium effort with 1 minute recovery between sets, 5 minute CD	<b>Run</b> 10 minute brisk walk, 15 minute easy run, 5 minute CD
WED	<b>Bike</b> Easy 45 minute bike ride	<b>Bike</b> Easy 40 minute bike ride	<b>Bike</b> Medium effort 30 minute bike ride	<b>Bike</b> 45 minute easy spinning
THU	<b>Run</b> WU 10 minutes (brisk walk), easy 25 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 30 minute run, 5 minute CD	<b>Run</b> WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	<b>Swim</b> WU 5 minutes, 4x 3 minutes easy effort with 1 minute recovery between sets, 5 minute CD
FRI	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Swim</b> 20 minute easy swim, taking breaks as needed	<b>Off</b>
SAT	<b>Brick</b> Bike 10 mins easy, 40 mins moderated, 5 min CD. Immediately transition to running 10 mins easy	<b>Brick</b> Bike 10 mins easy, 45 mins moderated, 10 min CD. Immediately transition to running 10 mins easy	<b>Brick</b> Bike 10 mins easy, 40 mins moderated, 5 min CD. Immediately transition to running 10 mins easy	<b>Brick</b> easy 10 minute swim, easy 15 minute bike, easy 10 minute run
SUN	<b>Run</b> WU 10 minutes (brisk walk), 30 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 40 minute easy run	<b>Run</b> WU 10 minutes (brisk walk), 30 minute easy run	<b>RACE!!!!</b>

