

SPRINT TRIATHLON

4 Week Let's Finish Plan



This plan is designed for an individual who may be strapped for training time or decided to sign up for a race only a short 4 weeks away. It's intended to help them finish the race successfully.

The plan assumes an athlete knows the basics of how to swim, bike and run.

	1st Week	2nd Week	3rd Week	4th Week
MON	Rest	Rest	Rest	Rest
TUE	Swim 20 minute easy swim, taking breaks as needed	Swim 5 min. WU, swim 4x 3 mins. at a hard effort with 1 min. recovery between sets, CD 5 mins. easy	Swim 5 min. WU, swim 4x 5 mins. at a hard effort with 1 min. recovery between sets, CD 5 mins. easy	Swim 20 minute easy swim, taking breaks as needed
WED	Bike Easy 40 minute bike ride	Bike Easy 45 minute bike ride	Bike Easy 50 minute ride	Bike Easy 30 minute ride
THU	Run WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD	Run WU 10 minutes (brisk walk), easy 25 minute run, 5 minute CD	Run 10 minutes (brisk walk), easy 30 minute run, 5 minute CD	Run WU 10 minutes (brisk walk), easy 20 minute run, 5 minute CD
FRI	Swim 20 minute easy swim, taking breaks as needed	Swim 20 minute easy swim, taking breaks as needed	Swim 20 minute easy swim, taking breaks as needed	Rest
SAT	Brick Bike 10 mins easy, 30 mins moderated, 5 min CD. Immediately transition to running 10 mins easy	Brick Bike 10 mins easy, 45 mins moderated, 5 min CD. Immediately transition to running 15 mins easy	Brick Bike 10 mins easy, 30 mins moderated, 50 min CD. Immediately transition to running 20 mins easy	Attend Pre-Race Clinic Bike 20 mins
SUN	Brick 10 mins easy swim & then transition to 40 min run (10 min WU and 30 min easy run)	Brick 15 mins easy swim & then transition to 50 min run (10 min WU and 40 min easy run)	Brick 20 mins easy swim & then transition to 50 min run (10 min WU and 60 min easy run)	RACE!!!!





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Additional Training Plan Information & Tips

Legend

WU = Warm Up

CD = Cool Down

Brick Workouts (Saturday/Sundays)

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. Yes, you won't be transitioning between swim to run on race day (unless you sign up for an aqua run), but it's still good practice for your body to work on its endurance.

For each brick workout, 1) wear and use the gear you plan to use on race day especially your race hydration and nutrition, 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. This will allow you to assess whether your clothes or gear will work properly for race day.

If the race you signed up for is in an open body of water (lake, river, bay or ocean) instead of a pool, then it's highly recommend that your Sunday swim be in open water too. Due to your location, time of year, experience, etc. this may not be possible of course so your local pool is a good alternative too.

Also if you plan to wear a wetsuit, please train it as well. Wetsuit can feel restrictive especially the first few times so it's not something you want to be using the first time in your race.

Race Website

Besides training your body for the race, you also need to be training your mind. Please be sure to check out all the information on the specific Cal Tri Events race page for your particular event. There are course maps to review so you don't get lost, information on parking, race schedule and more and after the race is done it will be the spot to look up your results and find the link to the photos too.

Pre-Race Clinic

After registering for your Cal Tri Events race, don't forget to sign up for the pre-race clinic the day before the race. It's the perfect way to get the inside scoop on your race. Registration information is located at <https://www.californiatriathlon.org/clinics/>.

Virtual Clinics

In addition to the pre-race clinics, Cal Tri offers monthly virtual clinics that is geared to getting athletes ready to race. Registration information is located at <https://www.californiatriathlon.org/clinics/> too.

General Questions About Triathlons & Cal Tri Events

Checkout our FAQ at <https://caltrievents.rspartner.com/faq>.

Volunteering Opportunities

Want to give back to the triathlon community. Check out our Volunteer One, Get One (VOGO) program to see how you can volunteer for an upcoming race and earn a free registration to a Cal Tri Events race. More info at <https://www.californiatriathlon.org/vogo-volunteer-one-get-one/>.

