



TRIATHLON - BEGINNER SPRINT

This plan

Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions.

Please do a 4 x 25m or 2 x 50m easy warm up and cool down around faster swim sets.

Always substitute cross training for running if you are injured, very sore or if it is not safe to run.

Please add a core conditioning, Pilates or Yoga class once or twice a week if you have time.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Swim 15 minutes freestyle easy effort as 3 x 5 minutes with 2 minute recovery OR rest	Run 20-30 mins easy effort (Including short 1 min walk recovery every 5 mins if required)	Rest + Core	AM: Swim 4 x 25m easy warm up + 6 x 50m steady effort with 10-15s seconds recovery + 4 x 25m easy cool down	Rest	Bike 30- 45 minutes easy	Run 30 minutes easy (Try to run continuously but add 1 min walks every 5 mins if required)
2.	Swim 20 minutes freestyle easy effort as 4 x 5 minutes with 2 minute recovery OR rest	Run 30 mins including 3 x 4 mins @ threshold off 2-3 min walk/jog recovery	Rest + Core	AM: Swim 4 x 25m easy warm up + 8 x 50m steady effort with 10-15s seconds recovery + 4 x 25m easy cool down	Rest	Bike 45 - 60 minutes easy	Run 30 minutes easy as per Tuesday
3.	20 minutes freestyle easy effort as 4 x 5 minutes with 60s recovery OR rest	Run 30 mins Incl 3 x 4 mins @ threshold off 2-3 min walk/jog rec	Rest + Core	AM: Swim 4 x 25m easy warm up + 8 x 50m steady effort with 10-15s seconds recovery + 30s recovery + 50m fast + 4 x 25m easy cool down	Rest	Bike 60 - 75 minutes easy	Run 30-40 mins easy
4.	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 2-3 minute recovery OR rest	Run 4 x (5mins @ threshold/2 mins jog recovery) all built into 30 min running	Rest + Core	AM: Swim 4 x 25m easy warm up + 8 x 50m steady effort with 10-15s seconds recovery + 30s recovery + 100m fast recording time + 4 x 25m easy cool down PM: Run 20 minutes easy OR rest	Rest	Bike 75-90 minutes easy	Run 40 mins easy
5.	Swim 30 minutes freestyle easy effort as 3 x 10 minutes with 90 secs recovery OR rest	Run 30 minutes easy	Rest + Core	AM: Swim 30 minutes go as far as you can whilst maintaining control	Rest	5k local Park Run or GPS run time trial – Good luck!	Bike 90 mins easy
6.	Swim 30 minutes easy as 2 x 15 minutes with 2-3 minute recovery OR rest	Brick Session Bike – 30 minutes easy with last 10 minutes @ threshold + Run: 3-4 x 3 minutes @ threshold with 90 seconds jogged recovery	Rest + Core	AM: Swim 2 x 50m easy warm up + 8 x 75m steady effort with 30 seconds recovery + 30s recovery + 100m fast recording time + 4 x 25m easy cool down PM: Run 20 minutes easy OR rest	Rest	Bike 90 minutes easy	Run 45 mins easy run



Together we will beat cancer



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Try to stretch every day for at least 10 mins.

Always eat within 20-30 mins of finishing a run, swim or cycle.

If your swim is in open water please practice some of your swims in a wetsuit.

Only swim open water in training in supervised and safe environments.

Always train at your target pace in race paced sessions, don't compromise or run too hard.

Tiredness always catches up so take extra rest if required.



Together we will beat cancer

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Swim 30 minutes easy OR rest	PM: Run 5 x 5 minutes @ threshold effort with 120 seconds recovery	Rest + Core	AM: Swim 2 x 50m easy warm up + 5 x 100m steady with 30s recovery + 4 x 25 easy cool down PM: Run 30 minutes easy OR rest	Rest	Bike 90 minutes easy	Run 45 mins with 15 very easy, 15 steady and last 15 @ threshold
8.	Swim 30 minutes easy OR rest	Brick Session Bike – 40 minutes easy with last 20 @ race pace + Run: 5 x 3 minutes @ threshold with 90 seconds jogged recovery	Rest + Core	AM: Swim 4 x 25m easy warm up + 3 x 200m steady effort with 30s recovery + 4 x 25 easy cool down PM: Run 30 minutes easy OR rest	Rest	Bike 90 – 120 mins easy	Run 50 mins easy
9.	Swim 40 minutes easy 2 x 20 minutes with 2-3 minutes recovery OR rest	PM: Run 5 x 5 minutes @ threshold effort with 90 seconds recovery	Rest + Core	AM: Swim 30 minutes go as far as you can whilst maintaining control PM: Run 30 minutes easy OR rest	Rest	Bike 120 minutes easy	Run 50-60 mins easy
10.	Swim 40 minutes easy OR rest	Brick Session Bike – 40 minutes easy with last 20 @ race effort+ Run: 4 x 5 minutes @ threshold with 90 seconds jogged recovery	Rest + Core	AM: 2 x 50m easy warm up + 8 x 100m at race pace with 20-30s recovery between sets + 2 x 50m cool down PM: Run 30 mins easy OR rest	Rest	5k local Park Run or GPS time trial – good luck and add 20 mins easy run after	Bike 2 hours easy
11.	Swim 30 minutes easy OR rest	PM: Run 5 x 5 minutes @ threshold effort with 2 minute recovery within 45 minute run	Rest + Core	AM: Swim 30 minutes freestyle Continuous easy effort or rest Run Continuous progression run 10 minutes easy, 10 minutes steady, 10 minutes threshold effort	Rest	Bike 90 minutes all conversational effort	Run 45-60 mins relaxed
12.	Swim: 20 minutes easy OR rest	Run 20-30 mins easy	Rest + Core	Swim 20 minutes freestyle Continuous easy effort	Rest	Run 15 minutes easy run and stretch	Race day - good luck!