

First Timers' Program 12 Week Sprint Triathlon Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest Day Every good program starts with a rest day!	Run: 20 min Comfortable pace. Run/walk option--2 min. run, then 1 min. wal2	Bike: 30 min This can either be done on a trainer, a spin bike, or outside	Swim: 300m <i>Warm-up:</i> 50m with kickboard <i>Main set:</i> 8 x 25m with 10 second rest between. <i>Cool-down:</i> easy 50m	Rest Day Take yoga or stretch.	Run: 25 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 35 min This can either be done on a trainer, a spin bike, or outside.
WEEK 2	Rest Day Take yoga or stretch.	Run: 20 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 30 min This can either be done on a trainer, a spin bike, or outside.	Swim: 400m <i>Warm-up:</i> 50m with kickboard <i>Main set:</i> 12 x 25m with 10 second rest between. <i>Cool-down:</i> easy 50m	Rest Day Take yoga or stretch.	Run: 25 min Comfortable pace. Run/walk option--2 min. run, then 1 min. walk	Bike: 40 min This can either be done on a trainer, a spin bike, or outside.

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WEEK 3	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 30 min</p> <p>Comfortable pace. Run/walk option--2 min. run, then 1 min. walk</p>	<p>Swim: 400m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 6 X 50m with 15 second rest in between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 30 min, then a 10 min run.</p> <p>The run should be completed right after you get off of the bike.</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.25 mi. (~400m)</p>	<p>Bike: 40 min</p> <p>This can either be done on a trainer, a spin bike, or outside</p>
WEEK 4	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 30 min</p> <p>Comfortable pace. Run/walk option--2 min. run, then 1 min. walk</p>	<p>Swim: 500m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 4 X 100m with 30 second rest in between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 30 min, then a 15 min run.</p> <p>The run should be completed right after you get off of the bike.</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.4 mi. (~650m)</p>	<p>Bike: 45 min</p> <p>This can either be done on a trainer, a spin bike, or outside</p>
WEEK 5	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Run: 35 min</p> <p>Comfortable pace. Run/walk option, 3 min run and 1 min walk.</p>	<p>Swim: 600m</p> <p><i>Warm-up:</i> 50m kick</p> <p><i>Main set:</i> 4 X 25m. 4 X 50m. 2 X 100m. 15 second rest in between.</p> <p><i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 30 min, then a 15 min run.</p> <p>The run should be completed right after you get off of the bike.</p>	<p>Rest Day</p> <p>Take yoga or stretch.</p>	<p>Open Water Swim: 0.4miles (~650m)</p>	<p>Bike: 45 min</p> <p>This can either be done on a trainer, a spin bike, or outside</p>

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<p>WEEK 6</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 40 min Comfortable pace. Run/walk option, 3 min run and 1 min walk.</p>	<p>Swim: 650m <i>Warm-up:</i> 50m kick <i>Main set:</i> 4 X 25m. 4 X 50m. 2 X 100m. 15 second rest in between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 30 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.5 mi (~800m)</p>	<p>Bike: 50 min Try to get outside!</p>
<p>WEEK 7</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 40 min Comfortable pace. Run/walk option, 4 min run and 1 min walk.</p>	<p>Swim: 700m <i>Warm-up:</i> 50m kick <i>Main set:</i> 4 X 150m. 30 sec. rest between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 40 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.5 mi (~800m)</p>	<p>Bike: 50 min Try to get outside!</p>
<p>WEEK 8</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 50 min Comfortable pace. Run/walk option, 4 min run and 1 min walk.</p>	<p>Swim: 750m <i>Warm-up:</i> 50m kick <i>Main set:</i> 3 X 150m. 1 X 200m. 30 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 40 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.6 mi (~950m)</p>	<p>Bike: 60 min Try to get outside!</p>

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<p>WEEK 9</p>	<p>Rest Day Take yoga or stretch.</p>		<p>Swim: 900m <i>Warm-up:</i> 50m kick <i>Main set:</i> 4 X 200m. 30 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.6 mi (~950m)</p>	<p>Bike: 15 miles Try to get outside!</p>
<p>WEEK 10</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 60 min Comfortable pace. Run/walk options, 5 min run and 1 min walk.</p>	<p>Swim: 900m <i>Warm-up:</i> 50m kick <i>Main set:</i> 2 X 200m. 2 X 300m. 15 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.7 mi (~1125m)</p>	<p>Bike: 15 miles Try to get outside!</p>
<p>WEEK 11</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Run: 60 min Comfortable pace. Run/walk options, 5 min run and 1 min walk</p>	<p>Swim: 900m <i>Warm-up:</i> 50m kick <i>Main set:</i> 2 X 200m. 2 X 300m. 15 seconds rest between. <i>Cool-down:</i> 50m easy</p>	<p>Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.</p>	<p>Rest Day Take yoga or stretch.</p>	<p>Open Water Swim: 0.7 mi (~1125m)</p>	<p>Bike: 18 miles Try to get outside!</p>

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RACE WEEK	Rest day	Swim: Easy 300m	Run: 15 min Swim: 200m	Bike: 40 min	Rest Day	Run: Easy 15 min	RACE DAY
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