

TRIATHLONTRAINING.NET

SPRINT

SWIM: .75K (0.47MI)

BIKE: 20K (12.4MI)

RUN: 5K (3.1MI)

(SOME SPRINT RACES MAY VARY IN DISTANCE)

BEFORE beginning this training plan, be sure to evaluate your current fitness level and abilities. This plan will propel you to conquer the distance, but if you are unsure of your current health, please consult a physician.

OVERVIEW:

Welcome to your sprint triathlon training plan. Whether this is your first race, or you are seeking a new Personal Record, this is the plan to help you achieve your goal. We have attempted to make this plan as user-friendly as possible. If you have any questions about the training plan, feel free to visit our contact page at triathlontraining.net, and we will be glad to help. This plan was handmade with proven workouts tested by real triathletes.

This is a 12 week training plan. It can be customized based on your schedule or race, but we do not recommend making too many changes, because your fitness level is never constant. The plan is designed to allow your fitness to peak at the time of the race. If you begin the plan early, you run the risk of peaking too early and racing under declined fitness. Likewise, a late start may mean that you have not reached your peak performance by race day.

If you are a beginner to triathlons, be sure to check out the last few pages of the plan to learn useful tips for calming race-day anxiety and nailing your race. Enjoy and work hard as you indulge yourself into the world of triathlons, and be sure to check back with triathlontraining.net for news, training tips, coaching and more!



CONTENTS

<i>Selecting a race & planning your season.....</i>	<i>3</i>
<i>First time triathlon.....</i>	<i>4</i>
<i>Technique & avoiding injury.....</i>	<i>5</i>
<i>Workout Terminology.....</i>	<i>6</i>
<i>The Training Plan.....</i>	<i>7</i>
<i>Exercises.....</i>	<i>19</i>
<i>Nutrition Guidelines.....</i>	<i>23</i>
<i>Transition Tips.....</i>	<i>25</i>
<i>RACE DAY.....</i>	<i>26</i>

WEEK 10

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [FUN RIDE, PREFERABLY WITH GROUP, PRACTICE DIFFERENT POSITIONS]	[45MIN]	PRACTICE MAINTAINING PACE AND CHANGING POSITIONS IN A GROUP.
TUES	SWIM [400M EASY FREESTYLE; 4x50 VERY FAST, 30SEC REST BETWEEN EACH; 50M KICK EASY; 4x50 VERY FAST, 30SEC REST BETWEEN EACH; 100M FREESTYLE EASY]	[45MIN]	BURSTS OF ALL SPEED WITH MOMENTS OF RECOVERY TOTAL: 1000M
WEDS	BIKE [2x20SEC ALL OUT, 1MIN RECOVERY; 5MIN BUILDING TO HR ZONE 5; TAKE 5MIN RECOVERY; REPEAT EVERYTHING 2 MORE TIMES]	[30MIN]	SPRINT INTERVALS, TRY TO STAY IN THE AERO POSITION. EXACT RECOVERY TIME IS KEY IN BETWEEN EACH SPRINT.
THURS	RUN [5MIN. JOG; TRACK REPEATS 8x2MIN EFFORTS AT %100 INTENSITY, RECOVERY 5MIN WALK AFTER EACH]	[30MIN]	PUSH YOURSELF, IT WILL MAKE YOUR REGULAR PACE FASTER. RECOVERY IS IMPERATIVE THOUGH.
FRI	STRENGTH WORKOUT [BIKE WORKOUTS - SEE BACK OF TRAINING PLAN]	[20MIN]	MIX UP THE WORKOUT ONCE YOU GET TIRED, TRY TO STAY ACTIVE THE ENTIRE DURATION.
SAT	SWIM [5MIN EASY; 10x(RUNNING BEACH STARTS WITH 5MIN OUT AND 5MIN BACK)]	[1 HR 30MIN]	PRACTICE SIGHTING AND BREATHING IN OPEN WATER.
	BIKE [5MIN EASY; 30MIN HEART RATE ZONE 4]	[35MIN]	SMOOTH PEDALING STAY IN AERO POSITION.
SUN	RUN [NEGATIVE SPLITS, RUN OUT FOR 15MIN, TURN AROUND AND BEAT YOUR TIME COMING BACK]	[30MIN]	ZONE 3 GOING OUT AND THEN ZONE 4 COMING BACK, FAST FINISH!