

# Sprint Triathlon Base

Low Volume

## BASE PHASE

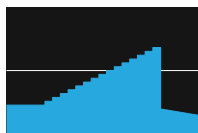
4 Weeks    1.4 Hours/Wk    98 TSS®/Wk    2 Rides/Wk

The low-volume version of the Sprint Triathlon Base plan has triathletes swimming twice each week for up to 2200m, on the bike twice each week for less than 2 hours total (including a couple brick workouts), and running up to 1 hour each week.

The primary aim is to provide time-constrained, multisport athletes looking to successfully complete a sprint triathlon some base fitness in all 3 disciplines in the minimum amount of time - 3.5 hours per week at the most.

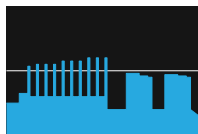
## Week 1 - Tips

81 TSS    1:10 HOURS



### Ramp Test

25 Min    34 TSS    0.91 IF®



### Goddard -4

45 Min    47 TSS    0.79 IF®

## Week Description

**Tuesday Swim Base Intervals (850m)** Warm-Up 200m Easy, RPE4; 4x25m CU Drills w/ 10s rest between drills; 3x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; Cool-Down 250m easy, RPE4.

**Wednesday 20 Minute Test** Get a solid estimate of your current fitness via a 20-minute time trial performed at your highest sustainable power. You have the option of using the 8-Minute Test if you prefer, due to the short, more intense nature of a Sprint Tri's bike leg.

**Thursday Base Run** 25min at Easy-Moderate pace, RPE6. Feel free to insert 1 minute of walking whenever necessary as you try to run more continuously from week to week and emphasize quality over quantity at this early point in your running. Try to run for 5 minutes between walking breaks if possible.

**Friday Swim Base Intervals (800m)** Warm-Up 200m Easy, RPE4; 4x25m FS Drills w/ 10s rest between drills; 3x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; Cool-Down 250m easy, RPE4.

**Saturday Goddard -4** With equal emphasis split between forming high-end base for later improvements in FTP and form work aimed at improving your pedaling efficiency, this workout will expose any weaknesses in form while introducing short-duration strength-endurance intervals that target your ability to sustain speed and power to the pedals.

**Sunday Base Run** 25min at Easy-Moderate pace, RPE6. Again, walk briefly when necessary if it means the difference between running well and sacrificing form while running efficiency suffers. Quick walking breaks of a single minute can often keep the form high while costing very little in terms of aerobic fitness improvements.

## Week 2 - Tips

101 TSS    1:30 HOURS



### [Tunnabora -4](#)

45 50 0.82  
Min TSS IF®



### [Monitor -4](#)

45 51 0.83  
Min TSS IF®

#### Week Description

**Tuesday Swim Base Intervals (1000m)** Warm-Up 200m Easy, RPE4; 4x25m F&T Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4.

**Wednesday Tunnabora -4** While keeping your watts in a narrow and reasonably high range, you'll again target both your ability to sustain a high percentage of your FTP while also addressing how fluidly and quickly you turn the pedals. This is where your ability to ride a little above your FTP for 20km/12mi begins.

**Thursday Base Run** 25min at Easy-Moderate pace, RPE6. Keep inserting 1-minute walking breaks as necessary but try to increase the steady run durations for a minute or 2 more this week, maybe 6 or 7 minutes each time.

**Friday Swim Base Intervals (1000m)** Warm-Up 200m Easy, RPE4; 4x25m CS Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4.

**Saturday Brick Workout (Monitor -4 + 10min Transition Run)** The bike workout is pretty straightforward in the way it lifts the Sweet Spot duration to 6 minutes at a time this week, trims the recoveries to a scant 2 minutes. Then, as quickly as possible, transition from the bike into your running gear and run at an Easy-Moderate pace, RPE6 for only 10 minutes in order to get a feel for running directly off the bike, with a little bit of fatigue in your legs.

**Sunday Base Run** 25min at Easy-Moderate pace, RPE6, still walking briefly when necessary in order to retain your form and efficiency - think of running well rather than simply running continuously with deteriorating technique.

## Week 3 - Tips

120 TSS 1:45 HOURS



### [Ericsson -4](#)

45 54 0.85  
Min TSS IF®



### [Carson](#)

60 66 0.81  
Min TSS IF®

#### Week Description

**Tuesday Swim Base Intervals (1200m)** Warm-Up 250m Easy, RPE4; 6x25m BB Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4.

**Wednesday Ericsson -4** Time to target leg speed with the aim of improving your pedal efficiency (or your ability to turn the pedals with the minimal amount of effort and energy). As usual, you'll work in that narrow, but highly productive power range. This will get you close enough to your FTP to get your mind and body ready for the more rigorous workouts to follow in later training phases, but it shouldn't be too taxing that it prevents fairly rapid recovery.

**Thursday Base Run** 30min at Easy-Moderate pace, RPE6. As the overall run duration increases a little bit, keep adding 1-minute walking breaks as necessary as you grow your steady run durations another minute or two aiming to run for 8-10 minutes at a stretch.

**Friday Swim Speed Intervals (1000m)** Warm-Up 200m Easy, RPE4; 4x25m F Drills w/ 10s rest between drills; 4x100m of 25m Easy, RPE4/25m Hard, RPE8, 10s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4.

**Saturday Carson** More steady-effort repeats in the Sweet Spot power range and this week you'll see your longest (but only slightly longer than last week's) intervals yet. If you find yourself underchallenged by these intervals and you're recovering well between bike workouts, consider adding 2-3% to your FTP during the latter 3 or 4 intervals in order to determine if your FTP could use a little adjustment. And make sure you're spending some time in the position you'll use on the road too - aero bars, clip-on's, drops; whatever you'll use come race day.

**Sunday Base Run** 30min at Easy-Moderate pace, RPE6, still walking briefly if/when necessary to keep your form and efficiency at the front of your mind. Think of a light, fluid stride and walk briefly if you find yourself lumbering or shuffling due to too-high fatigue.

---

## Week 4 (Recovery) - Tips

89 TSS 1:15 HOURS



### [Geiger -4](#)

45 52 0.83  
Min TSS IF<sup>®</sup>



### [Monitor -5](#)

30 37 0.86  
Min TSS IF<sup>®</sup>

---

### Week Description

**Tuesday Swim Base Intervals (1000m)** Warm-Up 250m Easy, RPE4; 6x25m SC Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; Cool-Down 200m easy, RPE4.

**Wednesday Geiger -4** This week will keep the intensity steady, drop the total interval time but lift the interval durations to the point where you'll work manageably hard for 10 minutes at a time. Do your best to keep the pedals turning for each interval in its entirety and save the recovery/backpedaling for the recovery valleys.

**Thursday Base Run** 25min at Easy-Moderate pace, RPE6. Since this week is about recovery, add longer walking stretches if necessary, as long as 2 minutes each. Form is still your highest priority but getting a bit of active rest is nearly as important.

**Friday Swim Threshold Intervals (1200m)** Warm-Up 250m Easy, RPE4; 6x25m F&T Drills w/ 10s rest between drills; 3x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; Cool-Down 200m easy, RPE4.

**Saturday Brick Workout (Monitor -5 + 10min Transition Run)** Time for another straightforward bike workout to put a little fatigue in your legs, offer a bit of recovery due to the reduced workout duration but also keep your strength-endurance on the upswing. Again, as quickly as possible, transition off the bike, into your running gear, and then run at an Easy-Moderate pace, RPE6 for just 10 minutes as you further your feel for running - well - directly off the bike.

**Sunday Base Run** 25min at Easy-Moderate pace, RPE6, still walking for a minute or two when necessary in order to maintain your run consistency but also to keep things light enough such that you're rested and recharged heading into your next phase of training.

---