

# Sprint Triathlon Build

Low Volume

BUILD PHASE

4 Weeks    1.7 Hours/Wk    120 TSS®/Wk    2 Rides/Wk

As athletes draw closer to their events, more specific conditioning becomes the focus of each subsequent training block. The increased focus on Threshold and VO2max work here make it abundantly clear that Sprint triathlons require speed in even measure with endurance.

Week 1 - Tips

105 TSS    1:25 HOURS



Ramp Test

25 Min    34 TSS    0.91 IF®



Ruskin

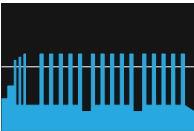
60 Min    71 TSS    0.84 IF®

Week Description

- Tuesday Swim Base Intervals (1400m)** Warm-Up 250m Easy, RPE4; 6x25m CU Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4
- Wednesday Ramp Test** With 4 weeks of base work in your legs, it's time to reassess your FTP in order to keep your workouts in line with your increasing fitness. Stick with the same workout format (Ramp Test, 8 Minute FTP Test or 20 Minute FTP Test) that you used the first time and count this as the first strength-endurance workout of your Tri Build training block.
- Thursday Base Run** Run 30min Easy-Moderate, RPE 6
- Friday Swim Threshold Intervals (1400m)** Warm-Up 250m Easy, RPE4; 6x25m F&T Drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4
- Saturday Ruskin** Working this close to FTP takes focus and the ability to cope with the inevitable discomfort that comes with sustaining a workload this high. Efforts like these prepare your mind for the even higher demands that accompany riding a little above your FTP during a race-paced, bike leg, and they do this while also lifting your ability to hold high watts for longer durations.
- Sunday Base Run** Run 30min Easy-Moderate, RPE 6

Week 2 - Tips

121 TSS    1:45 HOURS



Baird -1

60 Min    68 TSS    0.82 IF®



**Carter +2**

45 53 0.84  
Min TSS IF®

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## Week Description

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### TUESDAY

#### Swim Base Intervals (1500m)

Warm-Up 250m Easy, RPE4; 6x25m FS Drills w/ 10s rest between drills; 8x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

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### WEDNESDAY

#### Baird -1

VO2max efforts are always useful when it comes to adjusting to the severity of suprathreshold efforts, but they're especially useful in the context of a 20k bike leg done above FTP. By building your capacity for work done well above FTP, working only slightly above FTP will become that much more achievable and greatly increase your odds of running exceptionally well off the bike.

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### THURSDAY

#### Base Run

Run 35min Easy-Moderate, RPE 6

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### FRIDAY

#### Swim Threshold Intervals (1400m)

Warm-Up 250m Easy, RPE4; 6x25m S Drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 30s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

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### SATURDAY

#### Base Ride + Transition Run (Brick)

In the midst of a 45-minute bike workout, you'll sustain 30 minutes of effort between 85-95% FTP pushing you closer to the effort you'll try to hold during your race-day bike leg. Then, you'll dismount and transition quickly into your running gear right before you take off on a short 10-minute transition run at an Easy-Moderate, RPE6 pace in order to get a feel for some heavier leg fatigue coming off a more aggressive bike effort.

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### SUNDAY

#### Base Run

Run 35min Easy-Moderate, RPE 6

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45 59 0.89  
Min TSS IF<sup>®</sup>



**Donner**

60 75 0.87  
Min TSS IF<sup>®</sup>

**Week Description**

**TUESDAY**

**Swim Base Intervals (1600m)**

Warm-Up 250m Easy, RPE4; 6x25m SA Drills w/ 10s rest between drills; 9x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

**WEDNESDAY**

**Shorloff -1**

Having faced some 1-minute efforts at this same wattage, you're now armed with experience that can help you adjust the intensity of these longer intervals in such a way that you last the entire 2 minutes each time. If a reduction to 110 or 115% makes the difference between completing each interval versus ducking out early, it's far better to drop your watts a little and keep your pedals turning. Make each of these intervals as demanding - and productive - as possible by holding your highest repeatable 2-minute power 6 times over.

**THURSDAY**

**Base Run**

Run 40min Easy-Moderate, RPE 6

**FRIDAY**

**Swim Threshold Intervals (1400m)**

Warm-Up 250m Easy, RPE4; 6x25m CS Drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 20s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

**SATURDAY**

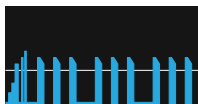
**Donner**

Having earlier endured similar but slightly shorter efforts like these, it's time to lift the demands enough to challenge your rising capabilities even more. Consider using each of these 12-minute intervals as a restrained but powerful simulation of the early miles of your 20k bike leg.

**SUNDAY**

**Base Run**

Run 40min Easy-Moderate, RPE 6



### Mills

60 77 0.88  
Min TSS IF<sup>®</sup>



### Carter +1

45 43 0.75  
Min TSS IF<sup>®</sup>

## Week Description

### TUESDAY

#### Swim Base Intervals (1400m)

Warm-Up 250m Easy, RPE4; 6x25m HCU Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

### WEDNESDAY

#### Mills

Upping last week's VO2max volume by a full set of 3 intervals may sound a bit hefty, but these 'peak and fade' repeats are a little more forgiving in nature and there's even a little bit of rest between each set. So while this may not seem like a recovery week format, the recovery time following shorties like these is often surprisingly quick.

### THURSDAY

#### Base Run

Run 35min Easy-Moderate, RPE 6

### FRIDAY

#### Swim V02max Intervals (1150m)

Warm-Up 250m Easy, RPE4; 6x25m F&T Drills w/ 10s rest between drills; 6x75m Hard, RPE9 w/ 45s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

### SATURDAY

#### Base Ride + Transition Run (Brick)

During this less intense, 45-minute bike workout, you'll again sustain 30 minutes of steady effort but this time between 75-85% FTP backing things off a bit during this recovery week. Then, you'll dismount and transition quickly into your running gear and head out on another short 10-minute transition run at an Easy-Moderate, RPE6 pace, once more practicing your ability to handle the change in muscle stress of going from pedaling to striding.

### SUNDAY

#### Base Run

Run 35min Easy-Moderate, RPE 6