

Sprint Distance Triathlon

Low Volume

SPECIALTY PHASE

TRIATHLETE

8 Weeks 1.8 Hours/Wk 135 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

128 TSS 1:55 HOURS



Ramp Test

25 Min 34 TSS 0.91 IF®



Frissell

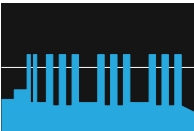
90 Min 94 TSS 0.79 IF®

Week Description

- Tuesday Swim Base Intervals (1700m)** Warm-Up 250m Easy, RPE4; 6x25m CU Drills w/ 10s rest between drills; 10x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4
- Wednesday Ramp Test** One final FTP assessment awaits since it's very likely you've seen improvement in your highest steady-state power over the course of your previous Build conditioning. Stick with your practiced and reliable assessment format - Ramp Test, 8 Minute or 20 Minute - and consider today your first strength-endurance workout of this new training block.
- Thursday Run VO2max Intervals** Run 10min up to Easy-Moderate, RPE 6 to warm up, then repeat 16 Hard, RPE 9, 30-second near-sprints, recovering for only 30 seconds after each; run 10min Easy, RPE 4 to cool down for a total of about 35 minutes of running
- Friday Swim V02max Intervals (1150m)** Warm-Up 250m Easy, RPE4; 6x25m F&T Drills w/ 10s rest between drills; 6x75m Hard, RPE9 w/ 30s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4
- Saturday Frissell** This weekend brings one more opportunity to practice repeating efforts slightly below your FTP in order to further your base of high-end endurance prior to the more specific endurance work you'll see over the next several weeks. Spend as much time as possible in your aero position as long as your power doesn't stray off the mark.
- Sunday Base Run** Run 40min Easy-Moderate, RPE 6

Week 2 - Tips

146 TSS 1:45 HOURS



Dade -1

60 Min 81 TSS 0.90 IF®



[Carter +3](#)

45 65 0.93
Min TSS IF®

Week Description

TUESDAY

Swim Base Intervals (1800m)

Warm-Up 250m Easy, RPE4; 6x25m FS Drills w/ 10s rest between drills; 11x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

WEDNESDAY

Dade -1

Building on the previous 'diminishing' format, this round of VO2max repeats will hold you steadily at your highest aerobic output for the entire 2 minutes. Knock the intensity down a bit if you must, but by now you ought to be learning how to gut out these short, intense intervals without giving up any of their potential productivity.

THURSDAY

Run VO2max Intervals

Run 10-15min up to Easy-Moderate, RPE 6 to warm up, then this week repeat 8 Hard, RPE 9, 1-minute efforts, recovering for only a minute after each; run 10min Easy, RPE 4 to cool down for a total of about 40 minutes of running

FRIDAY

Swim V02max Intervals (1150m)

Warm-Up 250m Easy, RPE4; 6x25m S Drills w/ 10s rest between drills; 6x75m Hard, RPE9 w/ 20s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

SATURDAY

Threshold Ride + Transition Run (Brick)

Your race-specific effort grows a little more specific by pushing you above your FTP for much of the 30-minute effort sandwiched within this 45-minute bike workout. Then, you'll firm up your transition skills even further before taking off on another short 10-minute transition run at an Easy-Moderate, RPE6 pace. Don't worry about running fast (yet), just try to run well with some heavy fatigue in your legs.

SUNDAY

Base Run

Run 45min Easy-Moderate, RPE 6



60 83 0.91
Min TSS IF[®]



[Raymond](#)

60 73 0.85
Min TSS IF[®]

Week Description

TUESDAY

Swim Base Intervals (1900m)

Warm-Up 250m Easy, RPE4; 6x25m HCU Drills w/ 10s rest between drills; 12x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

WEDNESDAY

Shorloff +1

The greatest benefit of VO₂max works comes with longer durations at that high aerobic uptake. By adding a minute to each of these intervals, you actually gain more than a minute's benefit since this extra time is spent at an already highly elevated workload. But keeping things elevated means not taking any breaks, and if small reductions in intensity are necessary to keep you powering along, shave a few percentage points and keep those pedals turning.

THURSDAY

Run VO₂max Intervals

Run 10-15min up to Easy-Moderate, RPE 6 to warm up, then this week repeat 10 Hard, RPE 9, 1-minute efforts, recovering for only a minute after each; run 10min Easy, RPE 4 to cool down for a total of about 45 minutes of running

FRIDAY

Swim VO₂max Intervals (1225m)

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

SATURDAY

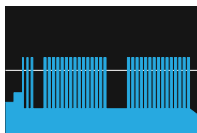
Raymond

If working slightly below FTP strengthens the base for increases in FTP, working slightly above it serves to actualize those increases. Use these short but uncomfortable efforts to grow your boundaries, both physically and mentally - grow accustomed to the pain rather than trying to avoid it. If possible, spend some time in your aero posture, but on-Target power is still the top priority.

SUNDAY

Base Run

Run 50min Easy-Moderate, RPE 6



[Gendarme -3](#)

45 50 0.82
Min TSS IF[®]



[Carter +2](#)

45 53 0.84
Min TSS IF[®]

Week Description

Tuesday Swim Base Intervals (1700m) Warm-Up 250m Easy, RPE4; 6x25m CU Drills w/ 10s rest between drills; 10x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

Wednesday Gendarme -3 Only a total of 15 minutes of VO2max work this week, and it comes in the friendliest format we offer. By working for a minute at a time, the muscle pain never really rises to that almost unbearable level but still allows you to keep your breathing and HR lifted due to the really short recovery valleys. Try to leave your intensity alone and see how the first several intervals go before you decide to tone things down.

Thursday Run VO2max Intervals Run 10min up to Easy-Moderate, RPE 6 to warm up, then repeat 12 Hard, RPE 9, 30-second near-sprints, recovering for only 30 seconds after each; run 10min Easy, RPE 4 to cool down for a total of about 35 minutes of running

Friday Swim V02max Intervals (975m) Warm-Up 250m Easy, RPE4; 6x25m CS Drills w/ 10s rest between drills; 5x75m Hard, RPE9 w/ 45s rest between intervals; Cool-Down 200m easy, RPE4

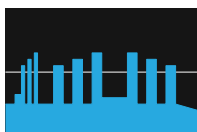
Saturday Race Prep or Base Ride + Tempo Transition Run (Brick) If you're racing tomorrow, just do an easy 30 minutes on the bike, hop off for a 10-minute transition run at an easy, RPE4 pace and work in 2x20-second relaxed sprints. Not racing? Then do this 45-minute bike workout where you'll again sustain 30 minutes of steady effort but this time back down between 85-95% FTP in the interest of very active recovery. Come off the bike, transition quickly into your running gear and head out on another short but slightly faster 10-minute transition run at a Moderate-Hard, RPE8 pace, and get a feel for your target race pace.

Sunday B- or A-Priority Sprint Triathlon

Sunday Base Run If not racing, instead run 35min Easy-Moderate, RPE 6

Week 5 - Tips

166 TSS 2:00 HOURS



[Givens](#)

60 86 0.93
Min TSS IF[®]



[Red Lake](#)

60 80 0.90
Min TSS IF[®]

Week Description

TUESDAY

Swim Base Intervals (1700m)

Warm-Up 250m Easy, RPE4; 6x25m FS Drills w/ 10s rest between drills; 5x200m Easy-Moderate, RPE6 w/ 10s rest between intervals; 4x25m K Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

WEDNESDAY

Givens

As you adjust to VO2max efforts lasting 3 full minutes each, a new objective enters the mix: determining how hard you can work for 3 minutes at a time and still repeat the effort productively. For some, 110% FTP is their max repeatable 3-minute power but for others, efforts all the way up at 130% FTP are possible. Find your breaking point, but don't surpass it - modify the Workout Intensity accordingly such that you complete each 3-minute torture test, barely.

THURSDAY

Tempo Run

Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 15 minutes; run 10min Easy, RPE 4 to cool down for a total of about 35 minutes of running

FRIDAY

Swim V02max Intervals (1300m)

BB Drills w/ 10s rest between drills; 6x100m Hard, RPE9 w/ 40s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

SATURDAY

Red Lake

Same level of effort a little above FTP, same equally painful interval duration, but a little less rest in order to test your power as well as your endurance as we aim to increase your ability to ride above your current capabilities. Again, ride aero if possible, but the greater concern here is your ability to sustain steady watts substantially above your FTP.

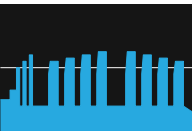
SUNDAY

Base Run

Run 50min Easy-Moderate, RPE 6

Week 6 - Tips

153 TSS 1:45 HOURS



Owens

60 88 0.94
Min TSS IF®



Carter +3

45 65 0.93
Min TSS IF®

Week Description

TUESDAY

Swim Base Intervals (1700m)

Warm-Up 250m Easy, RPE4; 6x25m S Drills w/ 10s rest between drills; 6x200m Easy-Moderate, RPE6 w/ 10s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

WEDNESDAY

Owens

Getting a little creative with your suffering this week, you'll face an assortment of efforts in the VO2max realm that not only vary the intensity but trim your usual 1:1 work-rest ratio down to a point where your recoveries are a little less generous and more aerobically demanding. All of this adds up to more time spent at a high aerobic uptake, less time spent drifting away from that high rate of respiration, and in time, greater improvements in sustainable power.

THURSDAY

Tempo Run

Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 20 minutes; run 10min Easy, RPE 4 to cool down for a total of about 40 minutes of running

FRIDAY

Swim V02max Intervals (1300m)

Warm-Up 250m Easy, RPE4; 6x25m BS Drills w/ 10s rest between drills; 6x100m Hard, RPE9 w/ 30s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

SATURDAY

Threshold Ride + Tempo Transition Run (Brick)

Your race-specific efforts grow as specific as they'll get with both the bike and run workouts holding you as close to your race paces as you can get. Ride hard then run fast over the course of a 10-minute transition run at a Moderate-Hard, RPE8 pace. Even within 10 minutes, try to settle into the pace you plan to sustain on race day.

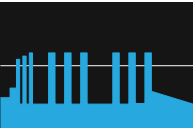
SUNDAY

Base Run

Run 55min Easy-Moderate, RPE 6

Week 7 - Tips

149 TSS 2:00 HOURS



Emerald -3

60 69 0.83
Min TSS IF®



Elephants -2

60 80 0.89
Min TSS IF®

Week Description

Tuesday Swim Base Intervals (1700m) Warm-Up 250m Easy, RPE4; 6x25m CU Drills w/ 10s rest between drills; 10x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x25m SK Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

Wednesday Emerald -3 Only a total of 12 minutes of VO2max work this week, and it comes in a relatively friendly format since the concern is more about maintaining fitness and absorbing improvements. The intensity is set at 120% but you can reduce these as far down as 110% and still maintain the workout's objectives pretty well. So if your fatigue is high and you know it, err on the side of caution and trim the intensity a bit today.

Thursday Tempo Run Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 25 minutes; run 10min Easy, RPE 4 to cool down for a total of about 45 minutes of running

Friday Swim V02max Intervals (1300m) Warm-Up 250m Easy, RPE4; 6x25m CS Drills w/ 10s rest between drills; 6x100m Hard, RPE9 w/ 20s rest between intervals; 4x25m K&R Drills w/ 15s rest between drills; Cool-Down 200m easy, RPE4

Saturday Elephants -2 Same level of effort as the last couple of these, same too-short recovery valleys as last week and intervals that add another minute of pain to each. As always, you're welcome to ride aero, but not if it costs you power or steady watts.

Sunday Base Run Run 40min Easy-Moderate, RPE 6

Week 8 - Tips

76 TSS 1:15 HOURS



Kern -4

45 63 0.91
Min TSS IF®



Dans

30 13 0.50
Min TSS IF®

Week Description

Tuesday Swim Base Intervals (1500m) Warm-Up 250m Easy, RPE4; 6x25m CU 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

Wednesday Kern -4 Tapering your workload just a bit more as you head into your event weekend, a handful of VO2max efforts get mashed together with a bit of strength-endurance work while most recoveries dwindle to near-invisibility leaving just enough time to grab a couple deep breaths, spin off some accumulation, and get right back at it - all with the aim of keeping you sharp without wearing you out.

Thursday Tempo Run Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 15 minutes; run 10min Easy, RPE 4 to cool down for a total of about 35 minutes of running

Friday Swim V02max Intervals (975m) Warm-Up 250m Easy, RPE4; 6x25m F&T Drills w/ 10s rest between drills; 4x75m Hard, RPE9 w/ 45s rest between intervals; Cool-Down 200m easy, RPE4

Saturday Dans Take it easy today in anticipation of tomorrow's race. If you don't have a race tomorrow, consider using the day as a race rehearsal complete with all 3 disciplines and proper transitions between them.

Saturday Recovery Run + Strides Super short this week, just do a 20-minute run at an Easy, RPE4 pace and work in the usual 4x20-second relaxed sprints with 40 seconds of recovery jogging between each in order to open your legs up a bit prior to tomorrow's event.

Sunday Sprint Triathlon 5k Run

Sunday Sprint Triathlon 750m Swim

Sunday Sprint Triathlon: 20k/12-mile Bike
