

# Sprint distance training plan

This is a 12-week training plan to prepare you for a sprint triathlon. It's suitable for beginners but assumes that you are a healthy individual (no serious medical conditions) who knows how to swim and ride a bike. Most workouts take 30 minutes, getting gradually longer as the plan goes on.

## How to use this plan

The workouts are spaced out in their ideal locations but we're all busy people so if you need to re-arrange the days, you can. The plan doesn't include any cross-training, so if you want to add any additional workouts, a strength training session and a yoga class or some stretching would be a great addition.

Some workouts specify a warm-up but where it is omitted, you should conduct a general warm-up before engaging in any moderate to hard efforts.

## 12-week plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						
<b>Swim</b> Easy 6 x 100m	<b>Run</b> 30 mins Run-walk as needed		<b>Bike</b> 5 mins warm-up 5 x 3 mins hard, 2 mins easy		<b>Swim</b> Moderate to hard 10 x 50m 3 x 100m	<b>Bike</b> Easy 30 mins
Week 2						
	<b>Run</b> 5 mins warm-up 7 x 2 mins hard, 1 min easy 4 mins cool down	<b>Swim</b> Easy 5 x 100m 1 x 200m	<b>Bike</b> 5 mins warm-up 3 x 6 mins moderate, 3 mins easy		<b>Swim</b> Moderate to hard 6 x 50m 4 x 100m	<b>Bike</b> Easy 40 mins
Week 3						
	<b>Run</b> 5 mins warm-up 3 mins hard 1 min easy	<b>Swim</b> Easy 4 x 100m 2 x 200m	<b>Bike</b> 5 mins warm-up 6 x 2 mins hard, 2 mins easy		<b>Swim</b> Moderate 50m, 100m, 150m, 200m, 150m, 100m, 50m	<b>Swim</b> Hard 10 mins warm-up 5 x 100m hard  <b>Bike</b> Easy 30 mins
Week 4 (Recovery)						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Run</b> 30 mins Run-walk as needed		<b>Bike</b> Easy 30 mins with some sprints		<b>Swim</b> Moderate 50m, 100m, 150m, 200m, 150m, 100m, 50m	
Week 5						
	<b>Run</b> 5 mins warm-up 4 x 4 mins hard, 2 mins easy	<b>Swim</b> Easy 4 x 100m 2 x 200m	<b>Bike</b> 5 mins warm-up 7 x 2 mins hard, 1 min easy 4 mins cool down		<b>Swim</b> Moderate to hard 200m, 100m, 50m, 100m, 200m	<b>Bike</b> Easy 45 mins
Week 6						
	<b>Run</b> 30 mins Hills	<b>Swim</b> Easy 50m, 100m, 150m, 200m, 150m, 100m, 50m	<b>Bike</b> 5 mins warm-up 8 x 2 mins hard, 1 min easy 3 mins cool down		<b>Bike</b> 5 mins warm-up 2 x 8 mins moderate to hard, 4 mins easy	<b>Bike</b> Easy 45 mins
Week 7						
	<b>Run</b> 5 mins warm-up 8 x 1 min hard, 2 mins easy	<b>Swim</b> Easy 2 x 200m 1 x 400m	<b>Bike</b> 5 mins warm-up 2 x 8 minutes moderate, 4 minutes easy		<b>Bike</b> Moderate to hard 20 mins  <b>Run</b> Easy 10 mins	<b>Bike</b> Easy 45 mins
Week 8 (Recovery)						
	<b>Run</b> Easy 30 mins		<b>Bike</b> Easy 40 mins		<b>Swim</b> Moderate 50m, 100m, 150m, 200m, 150m, 100m, 50m	
Week 9						
	<b>Run</b> 30 mins Hills	<b>Swim</b> Moderate 2 x 200m 1 x 400m	<b>Bike</b> 5 mins warm-up 5 x 2 mins hard, 2 mins easy 5 mins cool down		<b>Run</b> Easy 30 mins	<b>Bike</b> Easy 50 mins

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10						
	<b>Run</b> 5 mins- warm-up 2 x 8 minutes moderate, 4 mins easy	<b>Swim</b> Easy 2 x 200m 1 x 400m	<b>Run</b> Easy 40 mins		<b>Swim</b> Moderate to hard 200m, 100m, 50m, 100m, 200m	<b>Bike</b> Easy 60 mins
Week 11						
	<b>Run</b> Moderate 30 mins	<b>Swim</b> Easy 2 x 400m	<b>Bike</b> 5 mins warm-up 3 x 9 mins moderate, 3 mins easy		<b>Swim</b> Moderate 3 x 100m, 200m	<b>Bike</b> Moderate 30 mins  <b>Run</b> Easy 15 mins
Week 12 (Race week)						
	<b>Run</b> Moderate 20 mins	<b>Swim</b> Easy 1 x 400m 2 x 200m			<b>Bike</b> Easy 20 mins	Race day