

Standard distance training plan

This is a 12-week training plan to prepare you for an olympic distance triathlon. It's suitable for beginners but assumes that you are a healthy and active individual with no serious medical conditions, who knows how to swim and ride a bike, and has 5-6 hours per week to train.

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.

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.

Brick sessions are when two disciplines are stacked together to simulate a race. Where you see this, the workouts should be done as close together as possible.

I've suggested yoga but if that's not your thing, replace it with some stretching and mobility exercises.

12-week plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						
	Run 30 mins Run walk as needed Strength	Swim Easy 6 x 50m 3 x 100m 1 x 200m	Bike 5 mins warm-up 7 x 2 mins hard, 3 mins easy 5 mins cool down Yoga		Swim Moderate 4 x 50m 4 x 100m 2 x 200m Run Easy 30 mins	Bike Easy 60 mins
Week 2						
	Run 5 mins warm-up 10 x 1 min hard, 2 mins easy 5 mins cool down Strength	Swim Easy 8 x 50m 4 x 100m 1 x 200m	Bike 5 mins warm-up 5 x 4 mins moderate, 3 mins easy 5 mins cool down Yoga		Swim Moderate 50m, 100m, 150m, 200m, 200m, 150m, 100m, 50m Run Easy 40 mins	Bike Easy 75 mins
Week 3						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Run 5 mins warm-up 4 x 5 mins moderate, 3 mins easy 3 mins cool down Strength	Swim Easy 8 x 50m 4 x 100m 2 x 200m	Bike 5 mins warm-up 8 x 2 mins hard, 2 mins easy 5 mins cool down Yoga		Swim Moderate 4 x 50m 4 x 100m 2 x 200m	Brick: Bike Easy 60 mins Brick: Run Easy 15 mins
Week 4 (Recovery)						
	Run 30 mins Run walk as needed Strength	Swim Easy 4 x 200m	Bike Easy 30 mins Focus on smooth peddling and do single-leg drills		Swim Moderate 4 x 50m 4 x 100m 1 x 200m	Bike Easy 45 mins
Week 5						
	Run Easy 40 mins Strength	Swim Easy 2 x 600m	Bike 5 mins warm-up 10 x 2 mins hard, 2 mins easy 5 mins cool down Yoga		Swim Moderate to hard 1 x 300m 3 x 100m 6 x 50m Run Hills 30 mins	Bike Easy 60 mins
Week 6						
	Run 5 mins warm-up 5 x 2 mins hard, 2 mins easy 5 mins cool down Strength	Swim Easy 2 x 750m	Bike 5 mins warm-up 4 x 7 mins hard, 3 mins easy 5 mins cool down Yoga		Swim Hard 10 x 50m 3 x 100m Run Easy 50 mins	Bike Easy 75 mins
Week 7						
	Run 6 mins warm-up 3 x 5 mins hard, 3 mins easy Strength	Swim Easy 2 x 750m	Bike 5 mins warm-up 3 x 12 mins moderate, 3 mins easy		Swim Moderate to hard 200m, 150m, 100m, 50m, 100m, 150m, 200m	Brick: Bike Easy 75 mins Brick: Run Easy 30 mins

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8 (Recovery)						
	Run Easy 30 mins Strength	Swim Easy 3 x 500m	Yoga		Swim Moderate 10 x 50m	Bike Easy 60 mins
Week 9						
	Run 30 mins Hills	Swim Easy 2 x 800m	Bike 5 mins warm-up 4 x 8 mins hard, 3 mins easy 5 mins cool down Yoga		Swim Hard 4 x 100m 8 x 50m Run Easy 60 mins	Bike Easy 90 mins
Week 10						
	Run Moderate to hard 2 x 15 mins Strength	Swim Easy 1 x 1,500m	Bike 5 mins warm-up 10 x 2 mins hard, 2 mins easy 5 mins cool down Yoga		Swim Hard 4 x 100m 2 x 200m Run Easy 70 mins	Bike 10 mins warm-up 2 x 15 mins moderate to hard, 5 mins easy 10 mins cool down
Week 11						
	Run Moderate to hard 30 mins Strength	Swim Easy 2 x 800m	Bike 5 mins warm-up 2 x 1 min hard, 4 mins moderate, 1 min hard, 4 mins moderate, 5 mins easy 5 mins cool down Yoga		Swim Moderate to hard 3 x 200m 1 x 400m	Brick: Bike Moderate 75 mins Brick: Run Easy 30 mins
Week 12 (Race week)						
	Run Moderate 20 mins	Swim Easy 1 x 1,500m	Yoga		Bike Easy 20 mins	Race day