

# 12 Week Sprint Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<p><b>Swim</b> WU: 200-400m easy swim choice of stroke</p> <p>Build: 4x25m pull buoy +10sec RI</p> <p>MS: 200m steady swim +20-30sec rest 2x50m fast swim +20sec RI 2x100m pull buoy (no kicking) 4x25m fast +10sec RI CD: 100m pull, 100m swim</p>	<p><b>Bike</b> preferably indoors on turbo/rollers: WU: 5mins easy, 4x1mins HC, 30sec easy MS: 3x(30secs hard, 2mins steady/moderate)</p> <p>2.5mins easy recovery spin</p> <p>Repeat the above set 2 times in total</p> <p>CD: 5-10mins easy</p>	<b>Rest</b>	<p><b>Run</b> 30-50mins easy running (depending on how much running you have already been doing)</p>	<p><b>Swim</b> WU: 4x75m as alternating free/ pull every 100m +15sec rest all steady</p> <p>B: 4x25m build to fast +20sec RI</p> <p>MS: 6x100m steady to moderate +10sec RI</p> <p>CD: 100-200m easy choice</p>	<p><b>Bike ride</b> preferably outdoors for 1-2 hours of steady</p>	<p><b>Run</b> Long steady run, on an undulating course (30-60mins)</p>
<b>Week 2</b>	<p><b>Swim</b> WU: 300-500m choice</p> <p>MS: 3x100m drills +20secs RI 3x100m free moderate +20secs RI 3x100m pull steady +20secs RI</p> <p>CD: 100-200m choice</p>	<p><b>Bike</b> WU: 5mins easy, 5x30secs HC, 30secs easy MS: 2x(1min hard, 3mins steady/moderate )</p> <p>Repeat the above set 2 times with 2min recovery in between sets</p> <p>CD: 5-10mins easy spin</p>	<b>Rest</b>	<p><b>Run</b> 35-50mins again but this time include 5x1 mins hard, 1min walk or jog recovery</p>	<p><b>Swim</b> WU: 400m choice MS: 4x(2x25m fast +10sec RI, straight into 150m moderate +20-30secs RI) CD: 100-200m choice easy</p>	<p><b>Bike ride</b> 1 hour 15mins - 2hours riding at a steady pace</p>	<p><b>Run</b> Long run long steady run 40-60mins on an undulating course</p>
<b>Week 3</b>	<p><b>Swim</b> WU: 200-400m choice 4x25m fast+10sec RI</p> <p>MS: 8x100m steady - moderate +20secs rest</p> <p>CD: 100-200m choice easy</p>	<p><b>Bike</b> WU: 5mins easy, 5mins steady 3x1mins HC, 1min easy MS: 3x (1min hard, 3mins steady, 1min Hard, 2min easy)</p> <p>CD: 5mins easy spin</p>	<b>Rest</b>	<p><b>Run</b> 40- 50mins this time include 5x2mins hard, 1min W/JR</p>	<p><b>Swim</b> WU: 300m free, 200m pull, 100m choice</p> <p>MS: 200m free steady, 150m free moderate, 100m free hard, 50m fast all with 30sec RI</p> <p>CD: 100-200m easy choice</p>	<p><b>Bike ride</b> 1hour 30-2 hours steady ride</p>	<p><b>Run</b> Long steady run 45-60mins on an undulating course</p>

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<p><b>Week 4</b> (Recovery Week)</p>	<p><b>Bike</b> outdoors easy spin of the legs aiming to keep cadence above 90rpm (ideally above 100rpm) 30-60mins</p> <p><b>OR REST</b></p>	<p><b>Rest</b></p>	<p><b>Run</b> Easy run 30-35mins include 5x30secs build to fast, 30secs easy in between</p>	<p><b>Swim:</b> WU: 200-400m easy choice swim/ pull/ kick/ drills</p> <p>B: 4x50m @ your 400m race pace (expected)</p> <p><b>TEST SET:</b> 400m or 750m swim as hard as you can sustain for the entire distance (time yourself and make note of time)</p> <p>CD: 300m easy choice</p>	<p><b>Rest</b></p>	<p><b>Test Set Ride:</b> WU: 20 mins of riding from easy to steady to moderate. Include 4x20secs build to fast (aiming to get above the TT expected pace), 40sec recovery spin</p> <p>MS: 10mile TT (aim to do this on a flat quiet road or on a trainer that will measure distance) make a note of the weather conditions if done outdoors and how you were feeling before, during and after Aim to go as hard as you can consistently sustain for the duration. Make a note of your time</p>	<p><b>Run</b> Easy long run 30-45mins on a flatish course</p>
<p><b>Week 5</b></p>	<p><b>Swim</b> WU: 200-400m choice 4x25m fast+10sec RI</p> <p>MS: 6x125m moderate +20secs rest</p> <p>CD: 100-200m choice easy</p>	<p><b>Bike</b> WU: 5mins easy, 5x30secs HC, 30secs easy</p> <p>MS: 5x1mins hard, 1mins easy 3x(5mins moderate, 1.5mins easy)</p> <p>CD: 5-10mins easy</p>	<p><b>Rest</b></p>	<p><b>Run</b> 10mins easy 15mins steady, 5 mins moderate 5mins steady 10mins easy</p>	<p><b>Swim</b> WU: 400m swim choice no rest</p> <p>MS: 5x(150m - as 50m steady, 50m moderate, 50m hard +20secRI)</p> <p>CD: 200m choice</p>	<p><b>Bike ride</b> Long ride: 1.5hours -2hours include 3x(5mins BG, 5mins easy)</p>	<p><b>Run</b> Long run 45mins - 60mins easy to steady</p>
<p><b>Week 6</b></p>	<p><b>Swim</b> WU: 2x250m easy free/ pull MS: 4x100m free each 100 getting faster (time yourself) 20secs RI 200m swim moderate +20secs RI 4x25m torpedo kicking +10-20secs RI</p> <p>200m moderate free +20sec RI</p> <p>CD: 100-200m easy swim/ pull/ choice of stroke</p>	<p><b>Bike</b> WU: 5mins easy, 5x30secs HC, 30secs easy</p> <p>MS: 5x1mins hard, 1mins easy 3x(5mins moderate, 1mins easy)</p> <p>CD: 5-10mins easy</p>	<p><b>Rest</b></p>	<p><b>Run</b> 10mins easy 5mins steady 4x20secs build to fast, 30secs easy 1min easy</p> <p>MS: 2x(5mins moderate, 1min JR)</p> <p>CD: 8mins easy</p>	<p><b>Swim</b> WU: 4x100m as free/ pull/ drill/ free +10secs RI</p> <p>MS: 5x(200m as 100m steady, 100m moderate-hard. 20sec RI)</p> <p>CD: 100m easy swim</p>	<p><b>Bike ride</b> Long ride: 1 3/4 hours -2hours include 3x(5mins BG, 5mins easy) 20mins steady, 10mins easy</p>	<p><b>Run</b> Long run: 60mins easy to steady (if first 60min run) OR include 3-4x10mins steady blocks with 5mins easy in between</p>

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<b>Week 7</b>	<b>Rest</b>	<b>Bike</b> WU: 5mins easy, 5x30secs HC, 30secs easy  MS: 5x1 mins hard, 1 mins easy 3x(6mins moderate, 1 mins easy)  CD: 5-10mins easy	<b>Rest</b>	<b>Run</b> 5mins easy 5mins steady 2x20secs build to fast, 30secs easy 1min easy  MS: 3x(5mins moderate to hard, 2min JR)  CD: 7mins easy	<b>Swim</b> WU: 4x75m as free/ drill  MS: (50m, 100m, 150m, 200m, 150m, 100m, 50m) With 20secs RI after each rep  CD: 200m choice easy	<b>Bike</b> Long ride: 2-3hours on a hilly route, work hard up the hills and easy on the flats	<b>Run</b> Long run 60mins steady
<b>Week 8</b>	<b>Rest</b>	<b>Bike:</b> up to 1hour easy ride, keeping cadence above 95rpm as much as possible, include 5x1mins build to fast, 1min easy	<b>Swim</b> WU: 200m free, 4x50m drill  MS: 200m pull, 4x25m torpedo kick 200m free, 4x50m drill, 200m pull, CD: 4x50mchoice easy	<b>Rest</b>	<b>Run</b> Easy run 30mins include 5x20secs build to fast, 40secs easy	<b>Test set:</b> run 5km as hard as you can consistently sustain the effort throughout	<b>Bike</b> Long easy ride upto 2hr 30mins include 3x5mins BG, 5mins easy
<b>Week 9</b>	<b>Swim</b> WU: 400m free easy to steady +15sec rest  MS: 8-10x100m hard +20sec rest  CD: 200m easy	<b>Bike</b> WU: 5mins easy 5mins steady MS: 3x(6mins @ race pace, 2mins easy)  CD: 5-10mins easy	<b>Rest</b>	<b>Run</b> WU: 10mins easy, 6x20secs build to fast, 40secs easy jog or walk MS: 5min/ 4min/ 3min/ 2min/ 1min hard with half the rest  CD: 10min easy jog to walk	<b>Swim</b> WU: 300m easy swim, 4x50m pull steady- moderate  MS: 3x300m steady alternate pull/ free +15sec rest  CD: 100-200m easy	<b>Brick session:</b> 1.5hours - 2hour ride include 2-3x 10mins at your expected race pace  Straight onto a run:  10mins easy run	<b>Run</b> long run:1hour steady run, picking the pace up in the last 10mins

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<b>Week 10</b>	<b>Rest</b>	<p><b>Double day:</b>  <b>Swim:</b> WU: 200m free, 4x50m drill, 100m pull, 4x25m torpedo kick                      MS: 4x25m each one faster than the previous one +20sec rest                      4x100m max effort +30sec Rest                      400m best effort                      CD: 100m easy</p> <p><b>Bike:</b> WU: 5mins easy 5mins steady                      MS: 3x(6mins @ race pace, 2mins easy)                      CD: 5-10mins easy</p>	<b>Rest</b>	<p><b>Run</b>                      WU: 12mins easy, 3x30secs build to fast                      MS:                      1-2x(4:30mins hard, 1.5mins easy                      3mins hard, 1.5mins easy                      1.5mins hard, 2mins recovery)                      CD: 10min easy</p>	<p><b>Swim</b>                      WU: 200m easy to steady                      4x50m pull +10secs                      MS: 6x50m alternate fast/ easy +10sec RI                      200m steady pull                      4x50m fast +20secs RI                      CD: 200m easy</p>	<p><b>Brick session:</b>                      1.5hour-2hours ride include 2-3x15mins @ race pace, 5mins easy in between                      Straight onto the run                      15mins easy run</p>	<p><b>Run</b>                      long run: 1 hour steady run, picking the pace up in the last 20mins</p>
<b>Week 11</b>	<b>Rest</b>	<p><b>Brick session</b>  <b>Swim:</b> WU: 300m free                      2x150m pull +10sec RI                      2x50m torpedo kick +10sec RI                      MS: 2x200m free moderate +10sec RI                      4x100m free hard +20sec RI                      Get out the pool, quick transition and onto bike...</p> <p><b>Bike:</b> WU: 5mins easy 5mins steady                      MS: 3x(6mins @ race pace, 2mins easy)                      CD: 5-10mins easy</p>	<b>Rest</b>	<p><b>Run</b>                      WU: 5mins easy, 5min steady, 5x30secs build to fast, 30secs easy                      MS: 6x 2mins hard, 1min jog recovery                      CD: 10mins easy</p>	<p><b>Swim</b>                      WU: 200m free, 200m pull, 100m free                      MS: 4x50m build to fast from 1-4 rest 15secs                      4x50m fast +20secs rest                      CD: 400m steady</p>	<p><b>Brick session</b>                      1.5hours steady ride, include 3x5mins @ race pace, 5mins easy                      Run off the bike:                      15mins run easy                      include 5x30secs fast, 30secs easy</p>	<p><b>Run</b>                      1 hour easy include 5x30secs build to fast, 30secs easy</p>
<b>Week 12</b>	<b>Rest</b>	<p><b>Swim</b>                      WU: 200-400m easy swim choice                      MS: 4x100m build pace on each 25m, so last length is fastest) +20secs rest                      4x50m fast, +20secs rest                      CD: 200-400m easy choice</p>	<p><b>Brick session:</b>                      Easy bike ride upto 45mins include 5x1mins build to fast, 1min easy                      Straight onto run:                      5mins easy, 5x20secs build to fast, 40secs easy or walk, 5mins easy                      (Make sure you are set up in your race kit as you will be on race day)</p>	<b>Rest</b>	<p><b>Mini brick session</b>                      30mins easy spin on the bike include 3-5 x1mins accelerations, 1min RI                      Onto run:                      3mins easy, 4x15secs build to fast, 45secs easy, 3mins easy</p>	<p><b>Race day Sprint Triathlon</b></p>	<p><b>Rest day or recovery day -</b>                      you may want to go for a walk or easy spin or swim</p>



This plan is to prepare you for your first triathlon this season having kept active over the last 3 months. To follow this plan you should have at least 3 years of experience in training in either running/ cycling and swimming. You should be able to swim at least 400m. The swim element of this is pool based as I would not recommend swimming open water until April/ May and with appropriate clothing/ equipment and safety precautions in place.

Each week consists of 2 sessions in swimming, biking and running. If you are not used to this many sessions per week, then gradually build into them, start with one session of each and introduce another session the following week etc. Make sure you take a recovery week in week 4, 8 and 12. If you are proficient in one sport, then it would be a good idea to focus on the sessions that you are not so experienced in. Most important when following a generic plan is to listen to the body. Your body will tell you if you are doing too much, in which case back off. If you haven't exercised consistently for the last few months, start off with the lower amount in each session.

# KEY

**WU:** Warm Up  
**MS:** Main Set  
**CD:** Cool Down  
**Mins** - minutes  
**RI** - Rest Interval  
**M** - metres  
**Free** - freestyle  
**Rpm** - revolutions per minute  
**JR** - Jog Recovery  
**WR** - walk recovery  
**HC** - High cadence (over 95rpm)

**Brick session** - where you go from one activity straight into the next with a fast short transition between

**Drills** - take one element of the stroke and focus on that.  
E.g one arm drill - swim with one arm and focus on getting hold of the water and pushing past the thigh.  
Beginners - breathe towards the arm that is working  
Advanced: breathe towards the arm that isn't working as your working arm enters the water.

**Torpedo kick** - kicking without a board, push off in a streamlined position and breathe out in the water. Kick as fast as you can for as long as you can on one breath, then go into freestyle stroke when you need to breathe all the way to the end of the length.

INTENSITY CODE -

**Easy - RPE 5** - this should feel easy, Heart rate should be low for you and you should be able to chat the whole way round. Effortless

**Steady - RPE 6** - this is conversational pace still, but you are putting a little bit more effort in than easy.

**Moderate RPE 7** - this is what is known as tempo, it is still a comfortable effort. You should be able to talk in phrases or short sentences

**Hard RPE 8** - this is your threshold pace, an effort you can do for an hour at your hardest consistent effort. It feels hard and you maybe able to speak in words or short phrases.

**Very Hard - RPE 9** - this is the effort you would put in for short reps - it is hard and you won't be able to talk

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