

## Do A Sprint Triathlon Plan

Use this program to train for a sprint tri over 12 weeks:

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Swim 4 x 50 meters.	Bike 30 minutes.	Rest	Run 14 minutes, walk 2 minutes.  Repeat twice.	Swim 4 x 50 meters.	Bike 30 minutes.	Rest
2	Swim 4 x 50 meters.	Bike 35 minutes.	Rest	Run 16 minutes, walk 2 minutes.  Repeat twice.	Swim 4 x 50 meters	Bike 30 minutes.	Rest
3	Swim 4 x 50 meters.	Bike 35 minutes.	Rest	Swim 4 x 50 meters.	Run 15 minutes.	Bike 35 minutes.	Rest
4	Swim 6 x 50 meters.	Bike 40 minutes.	Rest	Swim 4 x 50 meters.	Run 20 minutes.	Bike 35 minutes.	Rest
5	Swim 6 x 50 meters.  Bike 20 minutes.	Run 20 minutes.	Rest	Swim 4 x 50 meters.	Run 25 minutes.	Bike 40 minutes.	Rest
6	Swim 6 x 50 meters.  Bike 25 minutes.	Run 25 minutes.	Rest	Swim 6 x 50 meters.	Run 30 minutes.	Bike 40 minutes.	Rest

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WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	Rest	Run 20 minutes.	Rest	Swim 20 minutes.	Rest	Walk 30 minutes.	Rest
8	Swim 8 x 50 meters.  Bike 30 minutes.	Run 30 minutes.	Rest	Swim 8 x 50 meters.	Rest	Bike 30 minutes.  Run 15 minutes.	Rest
9	Swim 8 x 50 meters.  Bike 40 minutes.	Run 30 minutes.	Rest	Swim 8 x 50 meters.	Rest	Bike 40 minutes.  Run 20 minutes.	Rest
10	Swim 10 x 50 meters.  Bike 40 minutes.	Run 35 minutes.	Rest	Swim 10 x 50 meters.	Rest	Bike 50 minutes.  Run 30 minutes.	Rest
11	Swim 10 x 50 meters.	Run 25 minutes.	Rest	Bike 45 minutes.	Rest	Run 20 minutes.	Rest
12	Rest	Bike 15 minutes.	Rest	Swim 15 minutes.	Run 15 minutes.	Rest	Race Day