



Sprint Triathlon Training Plan

1st Sprint Race

This 13 week training plan is meant for someone who is preparing for their 1st Sprint Triathlon or who has limited time to train. You should be able to consistently swim for 20 minutes, bike for 30 minutes and run for 20 minutes before beginning this plan.

Training Tips

- Make training fun. Workout with friends or your parents.
- Be careful. Watch out for cars or other obstacles when riding or running. Always wear your helmet when riding.
- Don't go too hard too fast. Save your energy for the entire workout.
- Don't train hard everyday. On some days you should "take it easy" and train at an easy pace.
- You should take at least one day off each week to recover
- Warm up those cold muscles. Make sure to warm up and cool down for each workout.
- Stretch everyday for at least 15 minutes.
- Practice your transitions from swim to bike and bike to run. It takes practice to run after biking.
- Train with a smile. Most importantly you should have fun. Race hard, try your best and have a great time!

Use a trainer or a treadmill for indoor biking and running if weather is bad.
All workout times are listed as minutes.

	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Week 1	Swim-15 Run-20	Off	Bike-35	Run-20	Swim-30	Off	Bike-40
Week 2	Swim-20 Run-25	Off	Bike-35	Run-20	Swim-30	Off	Bike-45
Week 3	Swim-20 Run-25	Off	Bike-30	Run-25	Swim-35	Off	Bike-45
Week 4	Swim-20 Bike-30	Off	Run-25	Swim-25	Bike-45	Off	Run-30
Week 5	Swim-25 Bike-30	Off	Run-25	Run-30	Swim-30	Off	Bike-45
Week 6	Run-15	Off	Bike-25	Run-15	Bike-25	Off	Swim-20
Week 7	Run-15	Off	Bike-30	Bike-25	Run-20	Off	Swim-25 Open Water

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	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Week 8	Swim-25 Bike-35	Off	Run-35	Bike-50	Swim-30	Off	Run-35
Week 9	Swim-25 Bike-35	Off	Run-25	Swim-30	Bike-35 Run-20	Off	Run-35
Week 10	Swim-30 Run-30	Off	Bike-45	Run-45	Swim-35	Off	Bike-60
Week 11	Swim-20 Bike-30	Off	Run-25	Bike-35	Swim-20	Off	Bike-55 Run-30
Week 12	Swim-20	Off	Off	Run-30	Bike-45	Off	Swim-20 – Open Water
Week 13	Off	Bike-15	Off	Swim-15	Run-15 Prepare equipment	Off	RACE DAY!!