

8-Week Sprint Triathlon Training Plan - First Timers

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: Create sustainable training habits</i>	rest	run - 20 mins	bike - 45 mins	swim - 20-30 mins	run - 30 mins	bike - 60 mins	swim
	<i>organize all your gear!</i>	<i>No right or wrong way to run. Get 20 mins moving forward.</i>	<i>Again, no right or wrong. Get 30 mins moving forward.</i>	<i>Just swim. No structured workout here, just time in the water.</i>	<i>Steady, aerobic effort. Keep it easy!</i>	<i>Saturday bike rides will be a staple. Plan your routes</i>	<i>first set! push yourself to get the 50's in!</i>
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: Protect your training time.</i>	rest	run - 30 mins	brick: 30 min bike followed directly by 10 min run	swim: 5x50m, 3x100m, 5x50m, 3x100m, 30 sec rest between intervals	bike - 45 mins	bike - 75 mins	run - 40 mins
	<i>Plan your training time, write it all out</i>	<i>Nice and light, Very easy.</i>	<i>Come off the bike very light and build speed through the run.</i>	<i>Visualize being long and smooth in the water</i>	<i>time in the saddle is your friend.</i>	<i>You might have tired legs today, but the stress is what leads to the adaptation.</i>	<i>Your longest run yet!</i>
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: Rest. You hit it hard last week, so recover this week.</i>	rest	run - 40 mins	bike - 60 mins	swim: 5x50, 4x100, 2x200, 30 sec rest between intervals	rest	brick: 90 min bike followed directly by 10 min run	swim: 10x100, 30 sec rest between intervals
	<i>Reset your gear! And rest!</i>	<i>Try this as 20 mins easy/ 20 min harder effort</i>	<i>Weekday ride. Keep it simple.</i>	<i>Slowly building. Stay with it!</i>	<i>Ahh, take time to relax!</i>	<i>The art here is a slow start to the run coming off the bike</i>	<i>Tough one! stay on it!</i>
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: This is the thick of it, focus on quality training</i>	rest	run - 20 mins	bike - 75 mins	swim: 2x300, 4x200, 30 sec rest between intervals	swim: 10x25, 5x50, 10x25, 5x50, 30 sec rest between intervals	brick: 90 min bike followed directly by 20 min run	run - 5 K
	<i>Half way! Rest when you can.</i>	<i>Light run to start this block</i>	<i>Long weekday ride. Block out your time.</i>	<i>make sure you have water to hydrate with poolside!</i>	<i>back to back swims facilitates muscle memory</i>	<i>Longer off the bike. Stay on hydration</i>	<i>Race distance type run.</i>
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: Stay present! Motivation can be difficult. Remember your "Why"</i>	rest OR easy bike 30 mins	run - 40 mins	bike - 60 mins	swim: 2x400, 2x200, 1 min rest between intervals	rest	2 hour bike / 1 hour run	swim - long
	<i>rest or easy spin! Your call.</i>	<i>TempoRun, so a bit faster than normal.</i>	<i>Take it easy to recover from yesterday</i>	<i>400's are challenging, but so is your race</i>	<i>REST!! Be sure to rest</i>	<i>Fast as you can go today!</i>	<i>Long sets! Perfect for race sims</i>
WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	(if Sunday race, light 25 min jog today)
<i>Focus for the week: Race simulation at the end of the week.</i>	rest OR easy bike 30 mins	run - 30 mins	bike - 75 mins	swim: 5x100, 10x50, 45 sec rest between intervals	rest	2 hour bike / 1 hour run - (get as close to race distance as possible!)	swim - long: 100 - 200 - 300 - 400, 45 sec rest between intervals
	<i>rest of easy spin! Your call!</i>	<i>nice and light today. Prep for weekend.</i>	<i>Nothing too hard, just time in the saddle.</i>	<i>Take these easy today.</i>	<i>REST!! Be sure to rest</i>	<i>Race clothes, race nutrition, race mindset!</i>	<i>Build set. Fatigue will build through session.</i>

WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: Prep week. Make the efforts count this week. It's the last week of training.</i>	rest	run - 40	bike - 60 mins	swim: 2x400, 2x200, 30 sec rest between intervals	run - 30 mins	bike - 60 mins	swim - long
	<i>take today off, we're almost done.</i>	<i>nice and easy, nothing too hard</i>	<i>Nothing too hard, just time in the saddle.</i>	<i>make it count!</i>	<i>ok to hit it on the hard side today.</i>	<i>Make sure everything is working on the bike today!</i>	
WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Focus for the week: LET'S GO RACIN'!</i>	rest	run - 20 mins	bike - 45 minutes	swim: 10x25, 5x50, 10x25, 5x50, 30 sec rest between intervals	rest	RACE	
	<i>rest. Prep everything for the weekend</i>	<i>JOG! Very light run.</i>	<i>Just a spin. High cadence. Check bike.</i>	<i>Last swim!</i>	<i>Visualize your perfect race tonight.</i>	<i>(if Sundayday race, light 25 min jog today)</i>	