

8-week Sprint Triathlon Training Plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week:	<i>long swim & strength</i>	<i>hill/int run & easy bike</i>	<i>quality swim & strength</i>	<i>tempo bike & easy run</i>	<i>Day off</i>	<i>long bike</i>	<i>long run & easy swim</i>
1	Swim: 2 x 200m 2 x 100m Strength (optional)	Run: 1 mile TT Bike: 60 min easy	Swim: 500m TT Strength (optional)	Bike: 30 min Hills Run: 20 min easy	OFF	Bike: 7 mile TT	Run: 30 min Swim: 45 min easy / drills
2	Swim: 2 x 300m Strength (optional)	Run: 4 x 400m (Rest 2 min) Bike: 60 min easy	Swim: 4 x 100m 4 x 50m Strength (optional)	Bike: 5 x 3:1 intervals Run: 20 min easy	OFF	Bike: 70 min	Run: 35 min Swim: 45 min easy / drills
3	Swim: 600m continuous Strength (optional)	Run: 2 x 400m (Rest 2 min) 2 x 800m (Rest 2 min) Bike: 60 min easy	Swim: 6 x 100m 4 x 50m Strength (optional)	Bike: 40 min Hills Run: 20 min easy	OFF	Bike: 80 min	Run: 40 min Swim: 45 min easy / drills
4	Swim: 700m continuous Strength (optional)	Run: 25 min Hills Bike: 45 min easy	Swim: 6 x 100m Strength (optional)	Bike: 6 x 3:1 intervals Run: 20 min easy	OFF	Bike: 90 min	Run: 45 min Swim: 45 min easy / drills
5	Swim - 800m continuous Strength (optional)	Run: 3 x 800m (Rest 2 min) Bike: 60 min easy	Swim: 8 x 100m Strength (optional)	Bike: 40 min Hills Run: 20 min easy	OFF	BRICK: 60 min Bike / 15 min Run	Run: 45 min Swim: 45 min easy / drills
6	Swim: 900m continuous Strength (optional)	Run: 25 min Hills Bike: 60 min easy	Swim: 10 x 100m Strength (optional)	Bike: 7 x 3:1 intervals Run: 20 min easy	OFF	Bike: 90 min	Run: 45 min Swim: 45 min easy / drills
7	Swim: 1000m continuous	Run: 1 mile TT 2 x 800m (Rest 2 min) Bike: 60 min easy	Swim: 500m TT 5 x 100m	Bike: 40 min Hills Run: 20 min easy	OFF	BRICK: 3 x [20 min Bike / 8 min Run] Transition practice	Bike: 7 mile TT 45 min easy Swim: 45 min easy / drills
8	Swim: 500m continuous	Run: 4 x 400m (Rest 2 min) Bike: 45 min easy	Swim: 8 x 50m	Bike: 4 x 3:1 intervals Run: 20 min easy	OFF	RACE PREP 20 min easy bike 5 min easy run	RACE DAY!!! Swim 0.5 miles Bike 15 miles Run 3.1 miles

Terminology:

Always warm-up for at least 10-15 minutes and cool-down for at least 5 minutes during every workout. Include mostly easy swimming, riding or running, with a few accelerations and drills.

===TT===

Short for "Time Trial." Following a 10-15 minute warm-up including a few short accelerations, perform the effort as if it were a race. Attempt to maintain a steady pace that is on the "edge" of being too hard. Make sure you work hard enough to be fully exhausted by the end of the effort. RECORD your time and distance for these, so you can compare your times.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 85 to 90 percent of your maximum heart rate

Perceived Exertion: An 8 or 9 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: One word at a time should be possible, but conversation won't be.

===TEMPO===

These are also known as "Threshold" or "LT (Lactate Threshold)" workouts.

Following a 10-15 min warm-up including a few short accelerations, pick up the pace to near your Time Trial pace, or what feels "comfortably hard."

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 80 to 85 percent of your maximum heart rate

Perceived Exertion: An 8 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: A question like "Pace okay?" should be possible, but conversation won't be.

===Intervals===

These are equal to or faster than "tempo" pace, depending on their duration. After a 15+ min warm-up, with several accelerations, "blast off" and go hard for each of these. Do not hold back or try to save energy for the next one. For the 1:3 intervals, ride very hard for 1 minute, then take all of the resistance off and spin easy for 3 minutes before starting the next one. The 3:1 bike intervals should be completed closer to tempo pace: Ride comfortably hard (near race pace) for 3 minutes, then recover for 1 min by spinning easy and grabbing a drink. You may not recover fully in between each one.

If you want to know if you're working hard enough (or too hard):

Heart Rate: These are generally too short to use heart rate as a gauge (It will still be climbing as you are finishing the interval).

Perceived Exertion: An 8 or 9+ on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: One or two words may be possible during these.

===Hills===

Run or bike on a hilly course. Push hard on the uphills, and watch your form. With running, stand straight up, while slightly leaning your chest into the hill and quicken your leg turnover. With biking, practice sitting and standing, and see which one feels best and which one is fastest. Usually, it's best to sit for long and/or easy hills and stand for short and steep hills.

If you want to know if you're working hard enough (or too hard):

Heart Rate: These are generally too short to use heart rate as a gauge (It will still be climbing as you are finishing climbing the hill).

Perceived Exertion: An 8 or 9+ on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: No talking should be possible during the short ones, one or two words may be possible during longer ones.

===Long===

These are sometimes called "LSD" or Long, Slow Distance workouts. These should be at a comfortable pace, and focus on increasing your endurance without completely exhausting yourself. Pay attention to perfect form. *Note: These "long" workouts may be shorter than what you're used to doing now, in which case, you can increase the duration as necessary.*

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: 65-70 percent of your maximum heart rate

Perceived Exertion: A 5-6 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===easy===

These should be at a comfortable pace, so that you are actively recovering during the workout. Pay attention to perfect form and do plenty of drills, especially while swimming. If you must skip a workout, make it this one, instead of a long or quality day.

If you want to know if you're working hard enough (or too hard), use any one of the following:

Heart Rate: less than 65 percent of your maximum heart rate

Perceived Exertion: A 5 on a 1-to-10 scale (a comfortable effort would be a 5; an "all-out" 30-sec sprint would be a 10)

Talk Test: Chatting with a friend should be possible throughout this workout.

===Strength===

This is optional to include in your schedule. If you need more time for recovery, skip it. The purpose of these workouts are to increase strength, not endurance, so you want to use heavy enough weights that completing 1 set of 8-12 reps is very difficult. Move quickly between each exercise without resting, until all exercises are complete. Perform the entire range of motion with moderate timing (no momentum). These sessions should take 20-30 minutes max. If you want to schedule a personal training session with Coach Mary at Main Line Health & Fitness in Bryn Mawr, call (610) 766-1297.

Perform 1 set of 8-12 reps for each:

- Hip Extension or "Butt Blaster" or Back Extension
- Leg Extension (for your quadriceps)
- Hamstring Curl
- Leg Press or Squat

- Pullover (optional -- most gyms do not have this machine. If not, skip it.)
- Lat Pulldown or Pull-Ups or Low Row
- Chest Press or Bench Press or Pec Fly
- Bicep Curls
- Tricep Extension or Dips
- Ab Crunch or Rotary Torso

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Please let me know if you have any questions!

Enjoy!
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