

# SPRINT TRIATHLON TRAINING PLAN

## 8 WEEKS (FOR BEGINNERS)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	20 Min Easy Cycle	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	30 Min Easy Cycle	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Easy Swim (Non Stop)	Rest Day
3	1 Mile Run (Non Stop)	45 Min Easy Cycle	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	1.5 Mile Run (Non Stop)	10 x 2 Min Zone 4 Cycle/1 Min Recovery	Rest Day
4	2 Mile Run	50 Min Easy Cycle	15 Min Easy Swim (Non Stop)	Rest Day	10 x 1 Min Zone 4 Run/1 Min Zone 1 Jog	10 Min Swim + 45 Min Zone 3 Cycle	Rest Day
5	2 Mile Run + 4 x 50m Strides	60 Min Easy Cycle	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	20 Min Easy Swim (Non Stop)	30 Min Cycle + 10 Min Run	Rest Day
6	2.5 Mile Run + 4 x 50m Strides	70 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	600m Easy Swim (Zone 2)	Swim 500m, Run 2 Miles, Cycle 10 Miles	Rest Day
7	3 Mile Run + 4 x 75m Strides	75 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	45 Min Zone 2 Cycle + 15 Min Zone 3 Run	5 x 3 Min Zone 4 Cycle/1 Min Recovery	Rest Day
8	2 Mile Run + 4 x 75m Strides	30 Min Easy Cycle	10 Min Easy Swim (Zone 2)	Rest Day	15 Min Easy Cycle or Run	Race!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

Check out our extensive range of Training Plans (and much more!) at [MarathonHandbook.com](http://MarathonHandbook.com)

# Triathlon Training Schedule Template

**VM Jensen**



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