

Sprint Triathlon 10 Week Plan

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
WEEK 1	SWIM	Aerobic 1k		Technique 1k		OFF	1k total: 200m continuous			
	BIKE		20mins steady		20mins steady			10k ride		
	RUN	20mins as 30sec run, 90sec walk		20mins as 60sec run, 60sec walk			20mins as 90sec run, 60sec walk			
WEEK 2	SWIM	Aerobic 1k		Technique 1k			OFF	1.2k total: 300m continuous		
	BIKE		20mins steady		25mins steady				12k ride	
	RUN	20mins as 2min run, 60sec walk		20mins as 2mins run, 60sec walk				25mins as 2.5min run, 60sec walk		
WEEK 3	SWIM	Aerobic 1.2k		Technique 1.2k				OFF	1.5k total: 400m continuous	
	BIKE		20mins steady		30mins steady					14k ride
	RUN	25mins as 3mins run, 60sec walk		25mins as 3.5min run, 60sec walk					30mins as 3.5min run, 60sec walk	



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WEEK 4	SWIM	Aerobic 1.5k		Technique 1.2k		OFF	1.5k total: 450m continuous	
	BIKE		30mins steady		30mins steady			15k ride
	RUN	30mins as 4mins run, 60sec walk		30mins as 5min run, 60sec walk			30mins as 5mins run, 60sec walk	
WEEK 5	SWIM	Aerobic 1.5k		Technique 1.2k			1.8k total: 500m continuous	
	BIKE		30mins steady		30mins steady			16k ride
	RUN	30mins as 4mins run, 60sec walk		30mins as 8min run, 60sec walk			30mins as 9min run, 60sec walk	
WEEK 6	SWIM	Aerobic 1.5k		Technique 1.2k			1.8k total: 550m continuous	
	BIKE		35mins steady		30mins steady			17k ride
	RUN	35mins as 9.5min run, 30sec walk		35mins as 14.5min run, 30sec walk			35mins as 14.5min run, 30sec walk	



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WEEK 7	SWIM	Aerobic 1.5k		Technique 1.5k		OFF	1.8k total: 600m continuous	
	BIKE		35mins steady		30mins steady			18k ride
	RUN	20mins run		35mins as 14.5min run, 30sec walk			20min run	
WEEK 8	SWIM	Aerobic 1.5k		Technique 1.5k			1.8k total: 700m continuous	
	BIKE		35mins steady		35mins steady			19k ride
	RUN	30mins as 19min run, 60sec walk, 4.5min run, 30sec walk x2		25mins run			30mins as 20min run, 60sec walk, 8mins run, 60sec walk	
WEEK 9	SWIM	Aerobic 1.8k		Technique 1.5k			2k total: 750m continuous	
	BIKE		40mins steady		45mins steady			20k ride
	RUN	25min run		20mins run			25mins run	



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WEEK 10	SWIM	Aerobic 2k		Technique 1.5k		OFF	2k total: 800m continuous	
	BIKE		50mins steady		50mins steady			25k ride
	RUN	20mins run		25mins run				30mins run



Sprint Triathlon 10 Week Plan- Notes & Explanations

SWIM

- ‘Aerobic 1.5k’ for example, refers to the total distance of the session including the warm up and warm down.
- The swim sessions on a Saturday show the total distance and the amount to be swum continuously to build up to the 750m mark.
- ‘Aerobic’ refers to a 3 to 5/10 effort level with a short rest between reps to have a drink or use some kit e.g. paddles, pull buoy etc.
- The technique swim session is where you can focus on any drills (these can be found on YouTube or Swim Smooth) or just thinking about how to make your stroke more efficient (you may need a coach for this!). I suggest doing 25m of drill then 25-50m of full stroke.



Sprint Triathlon 10 Week Plan- Notes & Explanations

BIKE

- Steady sessions should be done at a 3-5/10 effort level.

RUN

- This plan will help you to build up to running 30minutes continuously over the 10 weeks.
- Steady sessions should be done at a 3-5/10 effort level.
- Some of the walk-run sessions may not add up to the total time. Just keep rolling through as it is written until you complete the total time.



Sprint Triathlon 10 Week Plan- Notes & Explanations

- This plan is a guide and should not be followed if you have or suffer from any injuries. Every athlete's starting point is different so you may need to adjust the sessions to meet your needs.
- Feel free to move the days/sessions around to suit your schedule. I would advise against running and cycling on the same day where possible just to limit the amount of fatigue in the legs.

