



## Sprint Triathlon

750 m (0.5 mi), 20 km (12.4 mi), 5 km (3.1 mi)

Type of Exercise: Triathlon	Level: Moderate - hard	Equipment Needed: Swim suit, Road bike, Running sneakers, Heart Rate Monitor
--------------------------------	------------------------	--

Pre requirement: be able to swim (crawl)

You need to be able to move without complications, such as pain to use this routine. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

This program is designed for people who are new to the sport of triathlon, but have some training experience with each single discipline. Performing 2 disciplines on 1 day is called “brick training”. Brick training allows your body to get adjusted to the different types of movement, simulating the real event. Your goal is to transition from the swim to the bike or the bike to the run as quickly as possible. Have your training gear for both disciplines prepared in advance. To improve your swim and running technique, work with an experienced and qualified coach.

Your sport nutrition is another important part of your sprint triathlon training. Be sure to avoid training on an empty stomach. To get the most out of your training, have a meal or snack about 2 hours before your training. Plan your fueling in advance by packing a sport drink, a sport bar or something easy to eat in that 2 hour time period before your training.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Get used to swimming, biking, and running (again)! Welcome to your triathlon training. This week is an introduction to each discipline. It will allow your body and your mind to get comfortable with what's to come for the next few weeks.	100 Minutes	
Day 1	Swim: 200 yards warm-up, then 5 x 100 yards at 90%; rest between 1 min; 200 yards cool down	30 Minutes	
Day 2	Run: 20 min jog at 80%	20 Minutes	
Day 3	Bike: 50 min ride at 75%	50 Minutes	
Week 2	Basic endurance A solid endurance foundation is the key to optimal triathlon performance. Your heart and lungs will become stronger and more efficient at powering you through your work out. You are focusing on three separate sport disciplines so there's always something interesting going on. Have fun!	185 Minutes	
Day 1	Swim: 200 yards warm-up, then 5 x 100 yards at 90%; rest between 1 min; 200 yards cool down	50 Minutes	

	Run: 25 min jog at 80%		
Day 2	Bike: 50 min ride at 75%	50 Minutes	
Day 3	Run: 25 min jog at 85%	25 Minutes	
Day 4	Bike: 60 min ride at 70%	60 Minutes	
Week 3	Basic endurance With every week there is always something new and interesting. This week there are two bricks—count ‘em two!! Use the recommended intensities to guide you to maximizing your training time. The bike and run days allow you to maintain one intensity for an extended duration of time. Enjoy the movement, the scenery, and your deep breathing.	230 Minutes	
Day 1	Swim: 200 yards warm-up, then 8 x 50 yards at 90%; rest between 1 min; 200 yards cool down Run: 20 min at 75%	50 Minutes	
Day 2	Bike: 60 min at 75%	60 Minutes	
Day 3	Run: 30 min at 80%	30 Minutes	
Day 4	Swim: 200 yards warm-up, then 3 x 200 yards at 85%; rest between 2 min; 200 yards cool down Bike: 60 min at 70%	90 Minutes	
Week 4	You are making excellent progress. Challenge is what makes one stronger. This week brings new challenges. The workouts are more intense and longer. A sprint triathlon means shorter distances, so it’s all about speed and intensity. This week there is a bike time trial (TT). Your goal here is to test yourself with a race-simulation. Face that challenge head on!!	250 Minutes	
Day 1	Swim: 200 yards warm-up, then 4 x 50 yards at 95%; rest between 1 min; 2 x 100 yards at 90%, rest between 2 min; 200 yards cool down Run: 30 min at 75%	50 Minutes	
Day 2	Bike: 15 min warm-up, then 5 min – 10 min – 15 min time TT at 90%, active recovery 4 min; 15 min cool down	70 Minutes	
Day 3	Run: 40 min at 80%	40 Minutes	
Day 4	Swim: 200 yards warm-up, then 3 x 200 yards at 85%; rest between 2 min; 200 yards cool down Bike: 60 min at 70%	90 Minutes	
Week 5	You are more than half way through your training program. Take a moment to reflect upon your first week. Acknowledge and appreciate how far you have come. You’ve invested your time and energy in your training and are stronger and faster. During each training session be truly present. Feel and	275 Minutes	

	experience all that is going on within your body. By now you are in tune with the intensities and subtle changes occurring in your body as you train. Keep up the hard work!		
Day 1	Swim: 200 yards warm-up, then 4 x 50 yards at 95%; rest between 1 min; 4 x 100 yards at 90%, rest between 2 min; 200 yards cool down Run: 30 min at 75%	55 Minutes	
Day 2	Bike: 15 min warm-up, then 5 min – 10 min – 15 min TT at 90%, active recovery 4 min; 15 min cool down	70 Minutes	
Day 3	Run: 45 min at 80%	45 Minutes	
Day 4	Swim: 200 yards warm-up, then 3 x 200 yards at 85%; rest between 2 min; 200 yards cool down Bike: 75 min at 70%	105 Minutes	
Week 6	Each training session is preparing you for your race. You are basically at near max—that's what a sprint triathlon is! Take advantage of every opportunity. Stay true to the recommended intensities which will help you tap into you full potential. You rock!	315 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 50 yards at 95%; rest between 1 min; 4 x 100 yards at 90%, rest between 2 min; 250 yards cool down Run: 30 min at 85%	60 Minutes	
Day 2	Bike: 15 min warm-up, then 10 min – 15 min – 20 min TT at 90%, active recovery 4 min; 15 min cool down	85 Minutes	
Day 3	Run: 45 min at 80%	45 Minutes	
Day 4	Swim: 200 yards warm-up, then 3 x 250 yards at 85%; rest between 2 min; 200 yards cool down Bike: 90 min at 70%	125 Minutes	
Week 7	Woo hoo, this is your last week before your race! This is your last chance to get the most out of your training. Prior to each training session think about why you decided to do a sprint triathlon. What is your goal for your race? Let this goal be your motivation to stay strong and focused. Give it your best!	325 Minutes	
Day 1	Swim: 250 yards warm-up, then 4 x 200 yards at 95%; rest between 2 min; 2 x 300 yards at 90%, rest between 2 min; 250 yards cool down Run: 30 min at 85%	70 Minutes	
Day 2	Bike: 15 min warm-up, then 10 min – 15 min – 20 min time trial (TT) at 90%, active recovery 3 min; 15 min cool down	85 Minutes	
Day 3	Run: 45 min at 85%	45 Minutes	

Day 4	Swim: 200 yards warm-up, then 2 x 400 yards at 85%; rest between 2 min; 200 yards cool down Bike: 90 min at 75%	125 Minutes	
Week 8	Recovery for the Race! You've been working so hard. Now your body and mind need a little break. This week you are tapering for your race. You will be training each day at lower intensities and durations to allow yourself some rest so you can go all out on your race day. You will do great. Good luck!	80 Minutes	
Day 1	Swim: 200 yards warm-up, then 2 x 200 yards at 90%; rest between 2 min; 200 yards cool down	20 Minutes	
Day 2	Bike: 40 min at 75%	40 Minutes	
Day 3	Run: 20 min at 85%	20 Minutes	
Day 4	Sprint Triathlon		

\* American College of Sport Medicine\* (ACSM) and the American Heart Association\* (AHA) are independent entities that perform research and publish exercise guidelines for public use. They do not endorse, or have any association with our company or programs.

© Basix, LLC 2010