

Intermediate Sprint Triathlon Training Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 (3.2 hours)	Swim 600 yards	Bike or indoor cycle 30 minutes	Run 20 minutes Strength class	Rest	Swim 600 yards	Bike or indoor cycle 50 minutes	Run 30 minutes
Week 2 (3.5 hours)	Swim 700 yards	Bike or indoor cycle 35 minutes	Run 20 minutes Strength class	Rest	Swim 700 yards	Bike or indoor cycle 1:00	Run 35 minutes
Week 3 (3.7 hours)	Swim 800 yards	Bike or indoor cycle 40 minutes	Run 20 minutes Strength class	Rest	Swim 800 yards	Bike or indoor cycle 1:05	Run 40 minutes
Week 4 (3 hours)	Swim 600 yards	Bike or indoor cycle 30 minutes	Run 15 minutes	Rest	Swim 600 yards	Bike or indoor cycle 40 minutes	Run 25 minutes Bodywork 15 minutes
Week 5 (3.3 hours)	Swim 800 yards	Bike or indoor cycle 45 minutes	Run 25 minutes Strength class	Rest	Swim 800 yards	Bike or indoor cycle 1:10	Run 40 minutes
Week 6 (4.3 hours)	Swim 900 yards	Bike or indoor cycle 50 minutes	Run 25 minutes Strength class	Rest	Swim 900 yards	Bike or indoor cycle 1:15 minutes	Run 45 minutes
Week 7 (4.7 hours)	Swim 1000 yards	Bike or indoor cycle 55 minutes	Run 25 minutes Strength class	Rest	Swim 1000 yards	Bike or indoor cycle 1:20	Run 50 minutes

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Week 8 (3.3 hours)	Swim 700 yards	Bike or indoor cycle 40 minutes	Run 20 minutes	Rest	Swim 700 yards	Bike or indoor cycle 40 minutes	Run <u>30 minutes</u> Bodywork 15 minutes
Week 9 (5 hours)	Swim 1000 yards	Bike or indoor cycle 55 minutes <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>30 minutes</u> Strength class	Rest	Swim 1000 yards	Bike or indoor cycle 1:30 <u>15 minute</u> Transition Run – Start your run within 10 minutes of finishing the bike	Run 50 minutes
Week 10 (5.3 hours)	Swim 1100 yards	Bike or indoor cycle 1:00 <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>30 minutes</u> Strength class	Rest	Swim 1100 yards	Bike or indoor cycle 1:40 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>55 minutes</u>
Week 11 (5.5 hours)	Swim 1200 yards	Bike or indoor cycle 1:00 <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>30 minutes</u> Strength class	Rest	Swim 1000 yards	Bike or indoor cycle 1:45 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 1:00
Week 12 (4 hours)	Swim 800 yards	Bike or indoor cycle 40 minutes <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 20 minutes	Rest	Swim 800 yards	Bike or indoor cycle 1:00 <u>25 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Rest Bodywork 15 minutes
Week 13 (6 hours)	Swim 1200 yards; open water if possible	Bike or indoor cycle 50 minutes <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run <u>30 minutes</u> Strength class	Rest	Swim 1200 yards	Bike or indoor cycle 1:50 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike.	Run 55 minutes



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Week 14 (6.2 hours)	Swim 1200 yards; open water if possible	Bike or indoor cycle 1:00 <u>15 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 30 <u>minutes</u> Strength class	Rest	Swim 1200 yards	Bike or indoor cycle 2:00 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 1:00
Week 15 (5.2 hours)	Swim 800 yards; open water if possible	Bike or indoor cycling 40 minutes <u>10 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 25 <u>minutes</u> Strength class	Rest	Swim 800 yards	Bike or indoor cycle 1:30 <u>20 minute</u> Transition Run – start your run within ten minutes of finishing the bike	Run 50 minutes
Week 16 RACE WEEK	Swim 20 minutes; open water if possible	Rest	Bike 30 minutes	Run 20 <u>minutes</u>	Swim 15 minutes; on <u>race course</u> if possible Bike 20 minutes Run 15 <u>minutes</u>	Stretch and foam roll 15 minutes	RACE!

Notes:

*Begin Z1 & ZR bikes and runs at an easy to moderate pace for five minutes and then increase effort.

*Efforts intermediate plan are recovery, aerobic, and tempo.

*Swim/Bike/Run Intensities

- Recovery ZR - rate of perceived exertion of 3 or less on a scale of 10 - "singing" pace
- Aerobic Z1 - rate of perceived exertion of 4-6 on a scale of 10 - "comfortable conversation" pace
- Tempo Z2 - rate of perceived exertion of 7 on a scale of 10 - "one phrase/one sentence"
- Tempo Z3 - rate of perceived exertion 8 on a scale of 10 - "one word"
- BSE (Best Sustainable Effort) /Z4 - rate of perceived exertion of 9-10 on a scale of 10 - "no words"

*For a more immersive training experience please contact amy@qt2systems.com