

The plan

SHARPEN YOUR SPRINT SPEED

SUPER-CHARGE YOUR SPEED FOR YOUR BEST-EVER SPRINT RACE SEASON

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus* Mosley is an experienced coach who has raced for Great Britain at the elite duathlon world championships



THE WORD sprint can be a little misleading when it comes to triathlon. Someone like professional sprinter Usain Bolt might argue that swimming 750m, cycling 20km and then running 5km is stretching the definition somewhat. Still, it's about as short as triathlons get, so let's stop quibbling and get stuck into these training plans. They're designed for triathletes who've already got a few months of training under their belts and they build on your existing fitness to sharpen you up for a speedy sprint. If you're new to triathlon you should check out the training plan in our Beginner's Guide, free with this issue.

These plans take four weeks, which is plenty enough to boost your sprint speed. There are two to choose from.

One takes up to eight hours per week and the other takes 12. Neither plan is better than the other; it's just a case of picking the one which suits you best. So if you've got a family, a hectic job and countless other demands on your time, stick to the eight-hour one.

During these four weeks of training I want you to separate your sessions into two main intensities: easy or hard. When I say easy, I mean easy, so save your energy for the hard stuff. It's the hard sessions that'll make you faster, so you need to be fresh. For example, I've set you some 30-second sprints on the bike. They are a proven way of boosting your bike fitness, but only work if you give them full power.

You should also practise swimming in open water, and make time for some transition training too. Lay out your kit like you would on race day, and train yourself to change quickly.

Are these plans for you?

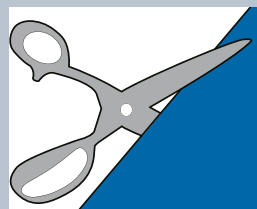
Before beginning this plan you should already be able to:

- Swim 750m front crawl, non-stop
- Ride your bike for two hours
- Run for 30 minutes

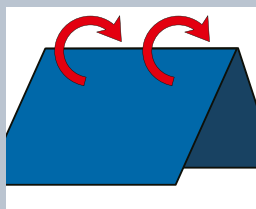


How it works

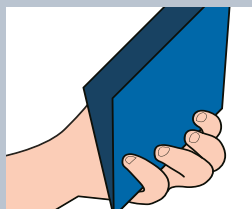
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training



Triathlon PLUS
YOUR 4-WEEK PLAN



8 hours per week

SPRINT

MAXIMISE YOUR SPEED IN THE MINIMUM TIME WITH THIS FOUR-WEEK PLAN

FOLD1

TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly-precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity, but it's even more important that you get out there and enjoy your training

ZONE 1 [Z1] Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 [Z2] Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 [Z3] Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 [Z4] Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

KEY

WU Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **PULL** Front crawl using a pull float, **RI** Rest interval, **BUILD** Swim each 25m slightly faster than the previous, **KICK** Kick with a float held out in front of you, **FISTS** Swim front crawl with clenched fists, **NS** Negative split (swim the second half of a rep faster than the first), **REC** Recovery, **DESC** Descending (swim each rep faster than the one before), **BI** Bilateral (breathe every third stroke), **BREAST** Breaststroke, **BACK** Backstroke, **RT** Race tempo, **EASY** Swim at an easy intensity, **CATCH UP** Swim front crawl but pause and glide for 2 secs on each stroke, while hands are in front, **FTIP** Drag finger tips across water on recovery arm

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 01

WEEK 02

Day	WEEK 01	WEEK 02
Mon	Swim technique WU 300m FC, 300m KICK, 300m PULL MAIN 300m NS, 3x50m FTIP (+20secRI), 300m NS, 3x50m CATCHUP, 300m NS WD 200m EASY	Swim technique WU 2x150m FC, 100m KICK MAIN 4x (2x25m FISTS, 2x25m CATCHUP, 4x25m BUILD), 300m NS WD 300m EASY
Tue	Hill running WU 10mins EASY jog MAIN 2x60secs hill efforts in Z3, jog down the hill for recovery, 8x60secs hard hill efforts in Z4 WD 10mins EASY jog	Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins rests, 9x400m HARD (Z4) with 3mins jog/walk rests WD 10mins EASY jog
Wed	Swim speed WU 300m FC EASY, 6x75m as (25m RT, 25m EASY, 25m BUILD) MAIN 4x250m (150m BUILD, 50m RT, 50m EASY), 300m KICK WD 200m EASY	Swim speed WU 300m FC, 200m KICK, 100m FC MAIN 4x (200m EASY (20secsRI), 2x75m RT (15secsRI)), 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FC EASY
Thur	Bike speed Ride 1 hour EASY. Include 4x30secs seated sprints, with at least 4mins soft pedaling recovery between each one	Bike speed Ride 1 hour EASY. Include 5x30secs seated sprints, with at least 4mins soft pedaling recovery between each one
Fri	Rest day	
Sat	AM Brick session WU Bike 10mins EASY. MAIN 2x (bike 10mins in Z3 straight into run 6mins in Z4) WD Jog 5mins PM Optional 25mins easy open-water swim	AM Brick session WU Bike 10mins EASY MAIN 3x (bike 6mins in Z3 straight into run 3mins in Z4) WD Jog 5mins PM Optional 25mins easy open-water swim
Sun	Endurance ride Bike 2 hours at an EASY pace	Endurance ride Bike 2 hours+ at a very EASY pace

WEEK 03

WEEK 04

Day	WEEK 03	WEEK 04
Mon	Swim technique WU 4x300m as (100m FC, 100m KICK, 100m PULL) MAIN 8x50m as (25m FISTS, 25m FC), 3x150m at RT (with 20secs RI) WD 100m FC EASY	RACE TAPER WEEK
Tue	Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins rests, 4x800m HARD (Z4) with 3mins jog/walk rests WD 10mins easy jog	Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins rests, 4x400m HARD with 2mins rests WD 10mins EASY jog
Wed	Swim speed WU 400m FC, 300m PULL, 200m KICK MAIN 5x150m at RT (with 30secs RI), 8x25m SPRINTS (with 30secs RI) WD 100m FC EASY	Swim speed WU 400m FC, 300m PULL, 200m KICK MAIN 8x50m as 25m EASY, 25m SPRINT (with 30secsRI) WD 200m FC EASY
Thur	Bike speed Ride 1 hour EASY. Include 6x30secs seated sprints, with at least 4mins recovery between each one	Rest day
Fri	Rest day	
Sat	AM Brick session WU Bike 10mins EASY MAIN 2x (bike 10mins in Z4 straight into run 6mins in Z4) WD Jog 5mins PM Optional 25mins easy open-water swim	Rest day
Sun	Endurance ride Bike 1 hour 45mins at an EASY pace	Sprint Triathlon RACE DAY

Triathlon PLUS
YOUR
4-WEEK
PLAN



12 hours per week

SPRINT

A FEW EXTRA HOURS ON YOUR HANDS? THEN THIS PLAN WILL GUARANTEE YOUR SPRINT PB

FOLD1

	WEEK 01	WEEK 02
Mon	AM RUN 1 hour EASY PM Swim technique WU 300m FC, 300m KICK, 300m PULL MAIN 300m NS, 3x50m FTIP (+20sec RI), 300m NS, 3x50m CATCH UP, 300m NS WD 400m EASY	AM RUN 1 hour 15mins easy PM Swim technique WU 2x150m FC, 100m KICK MAIN 4x(2x25m FISTS, 2x25m CATCH UP, 4x25m BUILD), 300m NS WD 300m EASY
Tue	Bike speed Ride 1 hour EASY. Include 4x30secs seated sprints, with at least 4mins soft pedaling recovery between each one	Bike speed Ride 1 hour EASY. Include 5x30secs seated sprints, with at least 4mins soft pedaling recovery between each one
Wed	Swim speed WU 300m FCEASY, 6x75m (25m RT, 25m EASY, 25m BUILD) MAIN 4x250m (150m BUILD, 50m RT, 50m EASY), 300m KICK WD 400m EASY	Swim speed WU 300m FC, 200m KICK, 100m FC MAIN 4x(200m EASY (20secs RI), 2x75m RT (15secs RI)), 400m KICK as (100m EASY, 100m HARD, 100m EASY, 100m HARD) WD 100m FCEASY
Thur	AM Swim EASY 40mins PM Hill running WU 10mins EASY jog MAIN 2x60secs hill efforts in Z3, jog down the hill for recovery, 8x60secs HARD hill efforts in Z4 WD 10mins EASY jog	AM Swim EASY 40mins PM Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins rests, 9x400m HARD (Z4) with 3mins jog/walk rests WD 10mins EASY jog
Fri	Rest day	
Sat	AM Brick session WU Bike 10mins EASY MAIN 2x(bike 10mins in Z3 straight into run 6mins in Z4) WD Jog 5mins PM Optional 25mins easy open-water swim	AM Brick session WU Bike 10mins EASY MAIN 3x(bike 6mins in Z3 straight into run 3mins in Z4) WD Jog 5mins PM Optional 25mins EASY open water
Sun	Endurance ride Bike 2 hours at an EASY pace	Endurance ride Bike 2 hours 15mins at an EASY pace

TRAINING ZONES

FOLD2

USING THESE training zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters, and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly-precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity, but it's even more important that you get out there and enjoy your training

ZONE 1 [Z1] Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 [Z2] Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 [Z3] Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 [Z4] Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

KEY

WU Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **PULL** Front crawl using a pull float, **RI** Rest interval, **BUILD** Swim each 25m slightly faster than the previous, **KICK** Kick with a float held out in front of you, **FISTS** Swim front crawl with clenched fists, **NS** Negative split (swim the second half of a rep faster than the first), **REC** Recovery, **DESC** Descending (swim each rep faster than the one before), **BI** Bilateral (breathe every third stroke), **BREAST** Breaststroke, **BACK** Backstroke, **RT** Race tempo, **EASY** Swim at an easy intensity, **CATCH UP** Swim front crawl but pause and glide for 2 secs on each stroke, both hands in front of you, **FTIP** Drag finger tips across water on recovery arm

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	AM RUN 1 hour EASY PM Swim technique WU 4x300m as (100m FC, 100m KICK, 100m PULL) MAIN 8x50m as (25m FISTS, 25m FC), 3x150m at RT (with 20secs RI) WD 100m FCEASY	RACE TAPER WEEK Swim technique WU 300m FC, 200m KICK, 100m FC MAIN 3x(200m EASY PULL + 20secs RI), 2x150m FCEASY WD 100m EASY PULL
Tue	Bike speed Ride 1 hour EASY. Include 6x30secs seated sprints, with at least 4mins recovery between each one	Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins RI, 4x400m HARD with 2mins RI WD 10 mins EASY jog
Wed	Swim speed WU 400m FC, 300m PULL, 200m KICK MAIN 5x150m at RT (with 30secs RI), 8x25m SPRINTS (with 30secs RI) WD 100m FCEASY	Swim speed WU 400m FC, 300m PULL, 200m KICK MAIN 8x50m as 25m EASY, 25m SPRINT (with 30secs RI) WD 200m FCEASY
Thur	AM Swim EASY 40mins PM Run speed WU 10mins EASY jog MAIN 4x50m sprints with 2mins rests, 4x800m HARD (Z4) with 3mins jog/walk RI WD 10mins EASY jog	Run 30mins EASY, including 3x30secs at 5km RT
Fri	Rest day	
Sat	AM Brick session WU Bike 10mins EASY MAIN 2x(bike 10mins in Z4 straight into run 6mins in Z4) WD Jog 5mins PM Optional 25mins EASY open-water swim	Rest day
Sun	Endurance ride Bike 2 hours at an EASY pace	Sprint Triathlon RACE DAY