SHARPEN YOUR SPRINT SPEED

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

The plan

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 practice 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

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.

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

Photos: Romilly Lockyer
Illustrations: Phil Nicodemi
8 hours per week

**SPRINT**

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

**FOLD 1**

**WEEK 01**

- **Sunday**
  - **AM**  Swim technique WU 300m FC, 300m KICK, 300m PAL, MAIN 3x150m FISTS, 2x25m CAT/CHOP, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Monday**
  - **AM**  Swim technique WU 3x300m FC, 300m KICK, 300m PAL, MAIN 3x150m FISTS, 2x25m CAT/CHOP, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Tuesday**
  - **AM**  Swim speed WU 200m KICK (30m RT, 30m EASY, 30m BUILD), 300m NS WD 300m EASY
  - **PM**  Hill running WU (10mins EASY) yq MAIN 3x100m Hill effort in Z2, pool swim for recovery. Build hard hill efforts in Z WD 10mins EASY yq

- **Wednesday**
  - **AM**  Swim speed WU 300m FC, 300m KICK, 300m PAL, MAIN 4x200m BUILD, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Thursday**
  - **AM**  Bike speed WU 1hr EASY. Include 4x30secs sprints, with at least 4mins soft pedal recovery between each one
  - **PM**  Rest day

- **Friday**
  - **AM**  Brick session WU 10mins EASY
  - **PM**  Optional 25mins easy open-water swim

- **Saturday**
  - **AM**  Endurance ride Bike 2hours at an EASY pace

- **Sunday**
  - **AM**  Endurance ride Bike 2hours at a STRAVa EASY pace

**WEEK 02**

- **Sunday**
  - **AM**  Swim technique WU 3x300m FC, 300m KICK, 300m PAL, MAIN 3x150m FISTS, 2x25m CAT/CHOP, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Monday**
  - **AM**  Swim technique WU 3x300m FC, 300m KICK, 300m PAL, MAIN 3x150m FISTS, 2x25m CAT/CHOP, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Tuesday**
  - **AM**  Swim speed WU 300m FC, 300m KICK, 300m PAL, MAIN 3x150m FISTS, 2x25m CAT/CHOP, 300m NS WD 200m EASY
  - **PM**  Rest day

- **Wednesday**
  - **AM**  Swim speed WU 300m EASY
  - **PM**  Rest day

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**THE PLAN**

*SPRINT: TIME-POOR*

**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** Pull front crawl using a pull float, RT 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, **RACE** 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, **FTP** Drag finger tips across water on recovery arm

**STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS**

**WEEK 03**

- **Sunday**
  - **AM**  Swim technique WU 3x300m FC, 300m KICK, 300m PAL, MAIN 3x150m BA + 20secs RI, 3x150m FAST at RT with 20secs RI
  - **PM**  Rest day

- **Monday**
  - **AM**  Swim technique WU 3x300m FC, 300m KICK, 300m PAL, MAIN 3x150m BA + 20secs RI, 3x150m FAST at RT with 20secs RI
  - **PM**  Rest day

- **Tuesday**
  - **AM**  Swim speed WU 300m FC, 300m KICK, 300m PAL, MAIN 4x400m at RT (200m EASY, 200m HARD)
  - **PM**  Rest day

- **Wednesday**
  - **AM**  Swim speed WU 300m FC, 300m KICK, 300m PAL, MAIN 3x150m BA + 20secs RI, 3x150m FAST at RT with 20secs RI
  - **PM**  Rest day

- **Thursday**
  - **AM**  Swim technique WU 300m EASY
  - **PM**  Rest day

- **Friday**
  - **AM**  Rest day
  - **PM**  Easy ride 1hr at an EASY pace

- **Saturday**
  - **AM**  Brick session WU 10mins EASY
  - **PM**  Optional 25mins easy open-water swim

- **Sunday**
  - **AM**  Endurance ride Bike 2hours at an EASY pace
  - **PM**  Sprint Triathlon RACE DAY

**WEEK 04**

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**SUMMER 2011 TRIATHLON PLUS**

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## 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.

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**ZONE 1 (Z1)** Recovery
60 to 85% 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), **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, **STAY IN THE TRAINING ZONE WITH** mindful of your intensity, but it’s even more important that you get out there and enjoy your training

### Training Zones

**WEEK 01**

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**RACE TAPER WEEK**

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**Sprint Triathlon RACE DAY**

- **AM Brick session** Bike 10mins EASY PM to Bike 10mins EASY PM
- **Sun** Bike 2 hours at an EASY pace

**Endurance ride** Bike 2 hours at an EASY pace

**AM Run speed WU** 800m EASY with 2mins RI, 4x400m EASY PM with 2mins RI

**AM Swim speed WU**
- **AM** Swim 4x100m EASY PM
- **AM** Swim 4x100m EASY PM
- **AM** Swim 4x100m EASY PM

**AM Swim technique WU**
- **AM** Swim 4x100m EASY PM
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**AM Bike speed**
- **AM** Bike 2Easy
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**AM Endurance$$1$$**
- **Sun** Bike 2 hours at an EASY pace

**AM Rest day**
- **Sun** Rest day