**Short and speedy**

**SPRINT TRIATHLON**

**Whether you’re a newbie or seasoned sprinter, go for gold with our plans**

**Meet the expert**

Doug Hall

Doug coaches novices and top age-groupers. He studied sport at the University of Bath.

A SHORT, sharp sprint can be a great end to the race season and with our help you can achieve a speedier PB than you’ve ever dreamed of.

The Get Round plan is designed to be a guide to the bare minimum amount of training you’ll need under your belt for sprint distance racing. It incorporates two rest days per week in order to ensure that there is enough recovery from the sessions that you’ll be able to complete each week consistently. Although you may be racing a pool-based triathlon, the programme has included some open-water sessions, this will be a good chance to practise open water without the pressure of racing, for the inevitable time you decided to dip your toe into racing outdoors.

The Race Hard plan is designed for you if you’ve completed a few sprint distance races and perhaps needs a little bit of structure to take your performance up a level. Or you may be new to triathlon, but have an athletic history in single sport competition. This plan focuses on quality over quantity, which for a sprint distance is extremely important. One day off training per week ensures an appropriate level of recovery from training.

Both plans feature the traditional three-week build, one-week recovery cycle, gradually building you up to completing more and more each week. These progressions occur both in terms of training volume (hours completed) and intensity (how hard the training is).

Both plans feature a seven to 10 day taper leading into the race in order to bring you to the startline as fresh and as prepared as possible.

Be sure to check out the Key before you start, so you know what any abbreviations mean in advance. Try to judge your intensity either by perceived effort, heart-rate, speed or power output.

**Are you ready to train?**

1. Can you ride for at least 45 mins?  
2. Can you run at least 30 mins?  
3. Can you swim at least 400m?

**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

PHOTO: Nige Farrow  
ILLUSTRATION: Phil Nicodemi
FOLLOW OUR GUIDE TO RACE YOUR FIRST SPRINT TRIATHLON

THE PLAN GET ROUND

TRIATHLON YOUR 12-WEEK PLAN

GET ROUND

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PLANNED: BE Base Endurance steady effort, sustainable for several hours 75% of MAX effort 
TE Tempo - comfortable effort but still continuous 80% of MAX effort. LT Lactate Threshold - the point your body starts producing lactate acid 85% of MAX effort. RT Race Tempo Your race pace effort sustainable for 60mins 90% of MAX effort. MAX Maximal effort sustainable for only a short period of time. RP Your desired speed/ effort for a sprint triathlon. Overgearing Cycling with a low cadence, less than 75 pedal revolutions per minute. Undergearing / spinning Cycling with a high cadence, more than 90 pedal revolutions per minute. Drill any swimming 60% of your choice, e.g. one arm

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WEEK 01

Type: Swim Time: 40mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instruction: Warmdown 5mins easy spinning

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort and increase effort to Tempo by running inclines. Instructions: Warmdown: 5mins easy

Type: AM: Swim Time: 35mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 1min easy spinning. Instructions: Warmdown: 10mins easy jogging

Type: PM: Swim Time: 35mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 1min easy spinning. Instructions: Warmdown: 10mins easy swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy jogging

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WEEK 02

Type: Swim Time: 40mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 5mins easy spinning

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort and increase effort to Tempo by running inclines. Instructions: Warmdown: 5mins easy

Type: AM: Swim Time: 35mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 1min easy spinning. Instructions: Warmdown: 10mins easy jogging

Type: PM: Swim Time: 35mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 1min easy spinning. Instructions: Warmdown: 10mins easy swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy jogging

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WEEK 03

Type: Swim Time: 40mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 5mins easy spinning

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy

Type: AM: Swim Time: 35mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 1min easy spinning. Instructions: Warmdown: 10mins easy jogging

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Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy jogging

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WEEK 04

Type: Swim Time: 40mins approx Instructions: Warmup 100m easy. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 200m choice swimming

Type: Cycle Time: 45mins approx Instructions: Warmup 100m easy spinning. Main set: 2x10mins at BE effort / 2min easy spinning. Instructions: Warmdown 5mins easy spinning

Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy

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Type: Run Time: 30mins approx Instructions: 20mins on hilly terrain. Run at BE effort keeping effort to BE throughout. Instructions: Warmdown: 5mins easy jogging
**GET ROUND PLAN**

**WEEK 05**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
- **Type**: Run Time
  - **Run Time**: 45mins approx.
  - Instructions: 45mins on hilly terrain. Run at 60% effort throughout, so only run as far as you can. Use recovery to keep cadence around 80rpm.

**WEEK 06**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
- **Type**: Run Time
  - **Run Time**: 45mins approx.
  - Instructions: 45mins on hilly terrain. Run at 60% effort throughout, so only run as far as you can. Use recovery to keep cadence around 80rpm.

**WEEK 07**

- **Type**: Swim Time
  - **Swim Time**: 40mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 60mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
- **Type**: Run Time
  - **Run Time**: 45mins approx.
  - Instructions: 45mins on hilly terrain. Run at 60% effort throughout, so only run as far as you can. Use recovery to keep cadence around 80rpm.

**WEEK 08**

- **Type**: Swim Time
  - **Swim Time**: 40mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 60mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
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  - **Run Time**: 45mins approx.
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**WEEK 09**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
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**WEEK 10**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
- **Type**: Run Time
  - **Run Time**: 45mins approx.
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**WEEK 11**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
  - Instructions: Warmup: 100s easy spinning. Main set: 3 x 10mins at race pace. Warmdown: 5mins easy spinning.
- **Type**: Run Time
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  - Instructions: 45mins on hilly terrain. Run at 60% effort throughout, so only run as far as you can. Use recovery to keep cadence around 80rpm.

**WEEK 12**

- **Type**: Swim Time
  - **Swim Time**: 50mins approx.
  - Instructions: 100m easy, 150m swim, 100m continuous front crawl in your wetsuit.
- **Type**: Cycle Time (Hour)
  - **Cycle Time**: 45mins approx.
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**RACE DAY**
**TRI18.zone_plan**

**Sprint plan**

**SPEED UP YOUR SPRINT WITH OUR GET FASTER PLAN**

**RACE HARDER**

**TRAINING NOTES**

**PLANNED: BE Base Endurance steady effort, sustainable for several hours 75% of MAX effort**

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**SPEED UP YOUR SPRINT WITH OUR GET FASTER PLAN**

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