

TRAININGZONE

Training schedule

SPRINT TRIATHLON

GET READY FOR YOUR FIRST RACE OF THE NEW SEASON WITH THIS FOUR-WEEK POOL-BASED SPRINT TRIATHLON TRAINING PLAN

WEEKONE				
Mon	> Rest	Spend 10 mins practising your transitions		
Tue	> Run	10 mins light w/up. 5 mins steady/tempo. 5 x 2mins hard with 2mins walk/jog rests. 10mins light w/down Optional swim: 30 mins easy, mixed strokes		
Wed	> Swim	W/up. 400m as 2x (50m FC, 50m kick, 50m pull, 50m FC). Main. 200m as 2x (100m FC, at approx race pace with 60 secs rests). 400m as 8x (50m easy pull with 30 sec rests). W/down. 400m as 2x (50m FC, 50m back, 50m breast, 50m FC).		
Thur	> Run	25 mins at moderate pace		
Fri	Swim	W/ up. 400m swim easy, mixed strokes. Main. 400m as (8 x 50m FC hard, with 20 sec rests). 400m alternating 25m kick, 50m FC. W/down 200m swim easy, mixed strokes Optional gym session: Strength and core conditioning work 30 mins		
Sat	> Bike	10 mins light intensity. 6 x 3 mins hard with 2 mins recoveries. 10 mins light intensity.		
Sun	> Brick	Bike 20 mins steady intensity, 15 mins hard but sustainable, 20 mins steady intensity STRAIGHT INTO run 10 mins at steady pace		

WEEKTWO				
Mon	> Rest	Spend 10 mins practising your transitions		
Tue	> Run	10 mins light w/up. 5 mins steady/tempo. 3 x 4 mins hard with 2 mins walk/jog rests. 10 mins light w/down Optional swim: 30 mins easy, mixed strokes		
Wed	Swim	W/up. 400m as (200m FC, 200m pull). Main. 200m as (100m FC, 50m back, 50m FC) with 30 sec rests. 200m as (100m FC, 50m breast, 50m FC) with 30 secs rests. 2 x 200m at race effort, aiming for even pacing, with 60 secs rest. W/down. 400m easy FC/pull		
Thur	> Run	30 mins at moderate pace		
Fri	Swim	W/ up. 400m swim easy, mixed strokes. Main. 400m as (4 x 100m FC hard, with 30 sec rests). 400m alternating 25m kick, 50m FC. W/down 200m swim easy, mixed strokes Optional gym session: Strength and core conditioning work 30 mins		
Sat	Bike	10 mins light intensity. 5 x 5 mins hard with 3 mins recoveries. 10 mins light intensity		
Sun	Brick	Bike 20 mins steady intensity, 20 mins hard but sustainable, 20 mins steady intensity STRAIGHT INTO 15 mins run at steady pace		

 $\textcolor{red}{\textbf{KEY FC}} \textbf{FC} \textbf{front crawl PULL} \textbf{swimming with pull buoy KICK} \textbf{kicking with a float}$



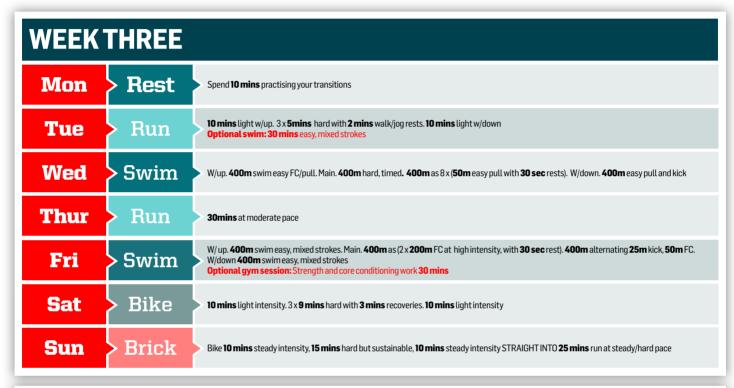
THE PLAN RACE PREPARATION

THERE ARE are lots of pool-based sprint distance triathlons to choose from in the spring. While the weather's still cool, these races are ideal for first timers or anyone wanting to get ready for a season of racing. There are various formats, but 400m, 20k, 5k is a common one. They're short and sharp, often with a disproportionally short swim section, so if swimming is your weak point, these might be the races for you. This training programme follows on logically from the previous issue's,

but there's no reason you can't start right now. It assumes a basic level of fitness and some experience of swimming, cycling and running. Anyone who can run 5k, ride a bike and swim 16 lengths (even if it's breaststroke) can potentially do a sprint tri. This training plan will get you race ready, so all you need to worry about is working hard. The final week of this training plan is a taper, so you should be well rested for the big event. You'll also need a kick float and pull buoy for the swim training sessions.



Coaching editor of *Triathlon Plus* Phil is an experienced coach and elite athlete with a sports degree from the University of Chichester



WEEK	FOUR	TAPER AND RACE WEEK
Mon	Rest	Spend 10 mins practising your transitions
Tue	Run	10 mins light w/up. 1km at approx race pace. 10 mins light w/down
Wed	Swim	W/up. 400m mixed strokes . Main. 400m hard, timed. W/down. 400m easy, mixed strokes
Thur	Run	20 mins at steady pace
Fri	> Rest	Spend 10 mins practising your transitions
Sat	> Bike	45mins at easy intensity
Sun	Race	Pool-based sprint triathlon

KEY FC front crawl PULL swimming with pull buoy KICK kicking with a float

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