

Training schedule

SPRINT TRIATHLON

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

WEEK ONE

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 2 x (50m FC, 50m kick, 50m pull, 50m FC). Main. 200m as 2 x (100m FC, at approx race pace with 60 secs rests). 400m as 8 x (50m easy pull with 30 sec rests). W/down. 400m as 2 x (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. Optional gym session: Strength and core conditioning work 30 mins
Sat	Bike	10 mins light intensity. 6 x 3mins 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

WEEK TWO

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. 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

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

THE PLAN RACE PREPARATION

THERE 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 disproportionately 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.

Meet the expert



Phil Mosley

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

WEEK THREE

Mon	Rest	Spend 10 mins practising your transitions
Tue	Run	10 mins light w/up. 3 x 5mins hard with 2 mins walk/jog rests. 10 mins light w/down Optional swim: 30 mins easy, mixed strokes
Wed	Swim	W/up. 400m swim easy FC/pull. Main. 400m hard, timed. 400m as 8 x (50m easy pull with 30 sec rests). W/down. 400m easy pull and kick
Thur	Run	30mins at moderate pace
Fri	Swim	W/up. 400m swim easy, mixed strokes. Main. 400m as (2 x 200m FC at high intensity, with 30 sec rest). 400m alternating 25m kick, 50m FC. W/down 400m swim easy, mixed strokes Optional gym session: Strength and core conditioning work 30 mins
Sat	Bike	10 mins light intensity. 3 x 9 mins hard with 3 mins recoveries. 10 mins light intensity
Sun	Brick	Bike 10 mins steady intensity, 15 mins hard but sustainable, 10 mins steady intensity STRAIGHT INTO 25 mins run at steady/hard pace

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