

## 12 WEEKS TO RACE DAY

Here's a day by day 12 week plan to help newcomers tame their first sprint distance triathlon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim 30 mins Include a main set of 15-30 secs rest Between each 25m	Run 30 mins. Easy pace On soft surface.	Cycle 40 mins easy.	Swim 30 mins Swim the furthest you can before the stroke falls apart. Then take sufficient rest. Repeat several times.	Rest day.	Cycle for 1-2hrs.	Run easy for 30 mins
Week 2	Do your least favourite discipline for at least 30 mins	Run easy. Add 5 to 10 mins to previous week	Brick. Add 10 mins to last weeks bike and run straight afterwards for 5 mins.	Swim 60 mins. Include main set of 10x50m with 30 secs rest between reps.	Rest day.	Ideally cycle with experienced triathletes or cyclists who'll show you the ropes and ride at your pace.	Another session at your weakest discipline think technique.
Week 3	Swim 45 mins ideally with a coach who may be able analyse your stroke	Run easy. Add 5 mins to last week.	Swim 30 mins Focus on stroke technique	Swim 1hr. more work on stroke and 25% focusing on boosting stamina	Rest day	Cycle 60 mins. Varying terrain, ideally with input from better riders.	Run. The longest distance yet by 10 mins
Week 4	Swim 40 mins. Concentrate on drills that work on your stroke.	Rest day.	Cycle. Turbo/spin cycle session hard for 1hr.	Swim. 50 mins 5 x 10 mins.	Rest day	Cycle 1hr and add a 10 minute run afterwards.	Rest day.
Week 5	Swim 30 mins Include main set of 10 x 25m reps working on smooth stroke and relaxed breathing.	Work on a discipline of your choice.	Run 40 mins. Easy On a soft surface.	Cycle 1hr on turbo or spin cycle.	Rest day.	Cycle. Longest bike session. By at least 15 mins.	Rest day.

Week 6	Do your least favourite discipline for at least 30 mins	90mins cycle session with sprint intervals	Swim 1hr 400mtr warm up then stroke technique sets and cool down.	Swim 40 mins include main set of 6 x 100mtrs With 30 secs rest between reps.	Rest day.	Rest day.	Cycle 1hr plus a run of 20 mins after.
Week 7	Rest day.	Run 45 mins easy off rd if possible.	Swim 40 mins concentrating on stroke work for half the session.	Cycle on turbo trainer or spin cycle 1hr. working on higher cadence than normal.	Rest day.	Cycle 1hr. vary the terrain; again with better riders if possible.	Run 40 mins.
Week 8	Swim 40 mins. Focus on drills that work on your stroke deficiencies.	Run 45 mins with hills.	1hr cycle on turbo/spin cycle.	Rest day	Swim 1hr include 5 x 5min endurance blocks with 1 min rest between.	Cycle 1hr on hilly terrain.	Run steady off road if possible for 40 mins
Week 9	Swim 40 mins. Include drills that work on your weaknesses	Cycle 1hr on a rolling terrain. Include a 10 minute effort at race pace.	Run 40 mins. Start easy with walk jog then stride out.	Swim 45 mins include drafting a faster swimmer if possible, fast turns, and bilateral breathing.	Rest day	Swim 45 mins include drafting a faster swimmer if possible, fast turns, and bilateral breathing	Cycle 1hr. include at least 20 mins at a fast but safe pace.
Week 10	Swim 1hr with a main set of 4 x 250mtrs.	Cycle 1hr. include at least 20 mins at a fast but safe pace.	Run 50 mins. Start easy and stride out.	Swim 40 mins. Include a 500mtr set flat out. And some technique work.	Rest day	Cycle 1hr with a 20 minute fast effort. Do a quick transition into a 20 minute run at a brisk pace.	Rest day.
Week 11	Swim 40 mins. Include 10 x 50mtr with 20-30 secs rest between	Rest day	Run your longest run so far and add 10 mins.	Your choice of discipline. Do what you feel needs an extra effort.	Rest day.	Cycle 1hr with at least a 20 minute session at a fast pace. Add a 20-40 minute swim afterwards.	Run a 20-30 minute run striding well.

Week 12 Race Week	Rest day	Cycle 45 mins steady.	Run 20 mins	Swim 40 mins. Include a main set of 5-7 100mtrs with 20 secs rest between reps. Aim to swim at race pace.	Get your race kit ready and relax. Eat well – your body needs to stock up.	30 minutes cycle. Check your bike out.	Sprint Triathlon Race Day! Do a warm up of 10 min jog. Have a Good One.