

Sprint Triathlon Training Program (Beginner)

Week	Session	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total Time
		Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	
1	#1	Off		Swim E	0:15	Bike	0:30	Swim	0:15	Swim E	0:15	Bike TT test	0:30	Run E	0:25	2:50
	#2			Run E	0:20					Run E	0:20					
2	#1	Off		Swim E	0:20	Bike	0:30	Swim E	0:15	Swim E	0:15	Bike	0:30	Run TT test	0:30	3:00
	#2			Run E	0:20					Run E	0:20					
3	#1	Off		Swim E	0:20	Bike S	0:35	Swim E	0:15	Run E	0:20	Run E	0:30	Bike E	0:35	3:15
	#2			Run E	0:20									Swim E	0:20	
4	#1	Off		Swim E	0:20	Bike S	0:35	Swim E	0:15	Run S	0:20	Run E	0:35	Bike E	0:40	3:25
	#2			Run E	0:20									Swim E	0:20	
5 (unload)	#1	Off		Swim E	0:20	Bike S	0:30	Run E	0:20	Swim E	0:25	Off		Bike E	0:35	2:40
	#2			Run E	0:20									t - Run E	0:10	
6	#1	Off		Swim S	0:20	Bike S	0:35	Run S	0:20	Swim E	0:25	Run E	0:35	Bike E	0:35	3:40
	#2			Run E	0:20			Run S	0:20					t - Run E	0:10	
7	#1	Off		Swim S	0:20	Bike S	0:30	Swim E	0:25	Swim S	0:25	Run E	0:40	Bike E	0:40	3:55
	#2			Run E	0:25			Run S (4 min T)	0:20					t - Run E	0:10	
8	#1	Off		Swim S	0:20	Bike S (5 min T)	0:30	Swim E	0:30	Swim S	0:25	Run E	0:40	Bike E	0:45	4:10
	#2			Run E	0:25			Run S (5 min T)	0:25					t - Run E	0:10	

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		Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	
9	#1	Off		Swim S	0:20	Bike S (7 min T)	0:35	Swim E	0:30	Swim S	0:25	Run E	0:40	Bike E	0:50	4:25
	#2			Run E	0:30			Run S (6 min T)	0:25					t- Run E	0:10	
10 (unload)	#1	Off		Swim S	0:20	Bike S (7 min T)	0:30	Swim E	0:25	Off		Run E	0:35	Bike E	0:40	3:25
	#2			Run E	0:20			Run S (6 min T)	0:25					t- Run E	0:10	
11	#1	Off		Swim S (3 min T)	0:20	Bike S (7 min T)	0:35	Swim E	0:30	Swim S	0:25	Run E	0:40	Bike E	0:50	4:25
	#2			Run E	0:30			Run S (7 min T)	0:25					t- Run E	0:10	
12	#1	Off		Swim S (4 min T)	0:20	Bike S (8 min T)	0:35	Swim E	0:30	Run E	0:40	OWS	0:20	Bike E	0:55	4:40
	#2			Run S (8 min T)	0:25			Run E	0:20			Bike E	0:20	t- Run E	0:15	
13	#1	Off		Swim S (5 min T)	0:25	Bike S (8 min T)	0:35	Swim E	0:20	Run E	0:40	OWS	0:20	Bike E	0:55	4:40
	#2			Run S (9 min T)	0:25			Run E	0:20			Bike E	0:25	t- Run E	0:15	
14 (peak)	#1	Off		Swim S	0:20	Bike S (10 min T)	0:40	Swim E	0:20	Run E	0:45	OWS	0:25	Bike E	1:00	4:50
	#2			Run S (10 min T)	0:20			Run E	0:20			Bike E	0:25	t- Run E	0:15	
15	#1	Off		Swim S	0:20	Bike S (10 min T)	0:30	Swim E	0:30	Run E	0:30	OWS	0:20	Bike E	0:30	3:50
	#2			Run S (10 min T)	0:25							t- Bike S	0:30	t- Run E	0:15	
16	#1	Off		Swim S	0:30	Off		Bike E (5 min T)	0:30	Run E	0:20	Off		RACE		1:20
	#2															