

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	OFF	Swim A + Run 20-30 min Z2	BRICK bike 40 min Z2 + run 20 min Z2 (TM 1%)	Bike 40 min Z2, 80-90 RPMS	Swim B	Bike 1 hr Z2, 80-90 RPMS	Run 40-50 min Z2
WEEK 2	OFF	Swim A + Run 20-30 min Z2	BRICK bike 40 min Z2 + run 20 min Z2 (TM 1%)	Bike 45 min Z2, 85-95 RPMS	OFF	Bike 1 hr Z2, 80-90 RPMS + Swim B	Run 40-50 min Z2
WEEK 3	OFF	Swim A + Run 20-30 min Z2	BRICK bike 40-50 min Z2 + run 20-30 min Z2 (TM 2%)	Bike 45-55 min Z2, 85-95 RPMS	Swim B	Bike 60-70 min Z2, 80-90 RPMS	Run 45-55 min Z2
WEEK 4	OFF	Swim A + Run 20-30 min Z2	BRICK bike 30-40 min Z2 + run 20 min Z2 (TM 1%)	Bike 30-40 min Z2, 80-90 RPMS	OFF or Swim A	Bike 40-50 min Z2, 80-90 RPMS	Run 40-50 min Z2 + Swim B
WEEK 5	OFF	Swim C + Run 30-40 min Z2	BRICK bike 50-60 min Z2 + run 20-30 min Z2 (TM 1%)	Bike 50-60 min Z2 w/5 min Z3, 85-95 RPMS	Run 20-30 min Z2 + Swim D	Bike 60-70 min Z2, 85-95 RPMS	Run 40-50 min Z2 + Swim A
WEEK 6	OFF	Swim C + Run 30-40 min Z2	BRICK bike 50-60 min Z2 + run 20-30 min Z2 (TM 2%)	Swim D + Bike 50-60 min Z2 w/5 min Z3, 85-95 RPMS	Run 20-30 min Z2	Bike 60-70 min Z2, 85-95 RPMS	Run 40-50 min Z2 + Swim A

Phase 1: Works to improve your aerobic base and endurance.

Phase 2: Adds strength and tempo intervals to boost your aerobic efficiency and ability to sustain faster paces for longer.

Phase 3: The final “power or speed” phase before tapering with a focus on shorter and higher intensity intervals.

SWIM A-D: Go to page 20 to read about the workouts in detail.

SPRINT TRI 12-WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7 RECOVERY WEEK	OFF	Swim C + Run 30-40 min Z2, w/1 min intervals Z3-4 (x4)	BRICK bike 50-60 min Z2 + run 20-30 min Z2 (TM 3%)	Bike 50-60 min Z2 w/4 min Z3 (x4), 85-95 RPMS	Swim D	Bike 60-70 min Z2, 85-95 RPMS	Run 50-60 min Z2 + Swim A
WEEK 8	OFF	Swim C + Run 40-50 min Z2, w/1 min intervals Z3-4 (x5)	BRICK bike 60-70 min Z2 + run 20-30 min Z2 (TM 3%)	Swim D + Bike 50-60 min Z2 w/5 min Z3-4 (x2), 85-95 RPMS	OFF	MOCK RACE swim 0.5 miles + bike 15 miles + run 3 miles at your best pace!	OFF
WEEK 9	Swim A	Swim D + Run 30-40 min Z2	BRICK bike 50-60 min Z2 + run 20 min Z2 (TM 1%)	Bike 45-60 min Z2, 85-95 RPMS	Run 20-30 min Z2	Swim C + Bike 1 hr Z2	Run 40 min Z2
WEEK 10 PEAK WEEK	OFF	Swim A + Run 30-40 min Z2 w/1 min intervals Z3-4 (x5)	BRICK bike 60 min Z2 + run 30 min Z2 (TM 3%)	Swim B + Bike 60 min Z2 w/5 min Z3-4 (x2), 85-95 RPMS	Run 20-30 min Z2	Bike 1 hr Z2	Run 50-60 min, Z2 + Swim C
WEEK 11 TAPER	OFF	Swim A + Run 30-40 min Z2	BRICK bike 40 min Z2 + run 20 min Z2 (TM 2%)	Swim B + Bike 40-50 min Z2 w/5 min Z3-4	OFF	Swim C + Bike 30-40 min Z2	Run 20-30 min Z2
WEEK 12 RACE WEEK!	OFF	Run 30-40 min Z2 w/60 sec RACE PACE (x4)	BRICK bike 30 min Z2 + run 20 min Z2 (TM 2%)	OFF	PREPARE GEAR bike 20 min Z2 + run 5 min Z2	RACE WEEKEND! (TIP: Keep moving the day after to shake out your legs.)	

Z = Training Zone (e.g. Z2 = Zone 2 = Easy). **TM:** Stands for Treadmill + the percentage grade incline to mimic road running. **RPMS:** Pedaling revolutions per minute. **INTERVALS:** These are peppered throughout the 12-week training plan in the form of mixed speed at different intensities. Your recovery between each interval can be 2-3 min. **BRICK:** Back-to-back intensive workouts with no rest in between that make your legs feel like, well, bricks!

SWIM WORKOUT KEY

MATCH THE WORKOUT NOTED IN THE TRAINING PLAN WITH THE WORKOUTS FOUND BELOW:

WORKOUT	DESCRIPTION	APPROX. TIME / DISTANCE
SWIM A	Warm up 100-200 yds Swim 5x200 yds steady freestyle, 20-30 sec rest Cool down 100-200 yds	30-45 min / 1000-1400 yds
SWIM B	Warm up 100-200 yds 4x75 yds drill (25 left arm, 25 right arm, 25 reg, 10 sec rest) 4x50 yds kick w/board, 10 sec rest 5x100 yds swim (any style), 10-15 sec rest 4x75 yds drill (25 right arm, 25 left arm, 25 reg, 10 sec rest) Cool down 100-200 yds Z2	30-45 min / 1200-1600 yds
SWIM C	Warm up 100-200 yds 6x50 yds drill, 15 sec rest 2x100 yds kick w/board, 15 sec rest 3x300 yds swim (any style), 20-30 sec rest 4x50 yds drill, 15 sec rest Cool down 100-200 yds Z2	40-50 min / 1600-2000 yds
SWIM D	Warm up 100-200 yds 2x700 yds steady Z3-Z4 swim, 1-2 min rest Cool down 100-200 yds Z2 Focus on good form, not speed	30-40 min / 1400-1600 yds