

## Sprint Triathlon Training Schedule

Race: 300 m Swim | 10 mi Bike | 2 mi Run

Week #	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	B: 5 mi R: 10 min	S: 3 x 50 m B: 2 mi	S: 4 x 50 m	Strength + Flexibility	OFF	S: 3 x 50 m R: 15 min	OFF
2	B: 5 mi R: 10 min	S: 4 x 50 m B: 2 mi	S: 6 x 50 m	Strength + Flexibility	OFF	S: 3 x 50 m R: 20 min	OFF
3	B: 7 mi R: 20 min	S: 5 x 50 m B: 5 mi	S: 8 x 50 m	Strength + Flexibility	OFF	S: 4 x 50 m R: 20 min	OFF
4	B: 7 mi R: 20 min	S: 4 x 75 m B: 5 mi	S: 4 x 100 m	Strength + Flexibility	OFF	S: 4 x 75 m R: 20 min	OFF
5	B: 10 mi R: 20 min	S: 4 x 100 m B: 7 mi	S: 2 x 200 m	Strength + Flexibility	OFF	S: 4 x 100 R: 25 min	OFF
6	B: 10 mi R: 20 min	S: 2 x 300 B: 7 mi	OFF	Strength + Flexibility	R: 30 min	S: 2 x 200 R: 25 min	OFF
7	B: 12 mi R: 20 min	OFF	S: 2 x 400 m	Strength + Flexibility	B: 25 mi	S: 300 m R: 30 min	OFF
8	OFF	S: 300 m B: 5 mi R: 10 min + Transitions	S: 600 m	Strength + Flexibility	R: 40 min	S: 400 m R: 30 min	OFF
9	B: 15 mi R: 25 min	S: 400 m B: 7 mi R: 20 min + Transitions	S: 800 m	Strength + Flexibility	B: 30 mi	S: 500 m R: 30 min	OFF
10	B: 15 mi R: 25 min	S: 600 m B: 10 mi R: 20 min + Transitions	S: 1,000 m	Strength + Flexibility	B: 20 mi R: 20 min	S: 600 m R: 30 min	OFF
11	B: 15 mi R: 20 min	S: 300 m B: 10 mi R: 15 min + Transitions	S: 1,200 m	Strength + Flexibility	OFF	Mock Race	OFF
12	B: 15 mi R: 20 min	S: 300 m B: 15 mi R: 25 min + Transitions	S: 1,000 m	Strength + Flexibility	OFF	RACE	