

2021 BEGINNER TO TRIATHLETE TRAINING PLAN (SPRINT DISTANCE)



	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	NOTES
WEEK 01	30-40mins Easy Ride	Aerobic Swim #1	20mins Easy Run	Rest Day	Aerobic Swim #2	45mins Easy Ride	20-25mins Easy Run	S: 1600m B: 75-85mins R: 40-45mins	Please refer to relevant session number for workout details.
WEEK 02	Aerobic Swim #3	20-25mins Easy Run	40-50mins Easy Ride	Rest Day	Aerobic Swim #4	50-60mins Easy Ride	25-30mins Easy Run	S: 1800m B: 90-110mins R: 45-55mins	
WEEK 03	Aerobic Swim #5	20-25mins Easy Run	60mins Easy Ride	20mins Easy Run	Aerobic Swim #6	60-75mins Easy Bike	30mins Easy Run	S: 2150m B: 120-135mins R: 70-75mins	
WEEK 04	Rest Day	Aerobic Swim #7	45mins Easy Ride	20-25mins Easy Run	Rest Day	75mins Easy Bike	30mins Easy Run	S: 750m B: 120mins R: 50-55mins	Easier week
WEEK 05	Aerobic Swim #8	Bike Intervals #1 ---- 2km Easy Run Off The Bike	20mins Easy Run	Aerobic Swim #9	Run Intervals #1	80mins Easy Bike	4km Run ----- Followed by 40mins Easy Ride later in the day	S: 2300m B: 175mins R: 75-85mins	4km Run as 5mins warm-up, and then at 6-7/10 RPE
WEEK 06	Aerobic Swim #10	Bike Intervals #2 ---- 2.5km Easy Run Off The Bike	20mins Easy Run	Aerobic Strength Swim #11	30-35mins Easy Run	90mins Easy Ride - Hilly if possible	Run Intervals #2	S: 2600m B: 145mins R: 80-100mins	
WEEK 07	Rest Day	Aerobic Swim #12	60mins Easy Ride	20mins Easy Run	Aerobic Strength Swim #13	60mins Easy Bike ----- Run Off The Bike 1km @ 7/10 RPE, 1.5km Easy Run	25mins Easy Run	S: 2700m B: 120mins R: 65mins	Easier week
WEEK 08	Bike Intervals #3	25mins Easy Run	Aerobic Swim #14	15mins Easy Run - include a couple of 50-60m accelerations to wake the legs up	Rest Day	30mins Easy Ride - include a couple of 30-60s bursts of effort to wake the legs up	RACE DAY	S: 800m B: 70mins R: 40mins	Race Week

- Bike Day:
- Run Day:
- Swim Day:
- Rest Day:

\*please refer to the other documents for all precise workouts