



100% TRI Beginner Sprint Triathlon Plan

Team 100% Tri

Welcome to your FREE Team 100% Tri Novice Sprint Tri Training Plan. We hope that you will enjoy using this structure to motivate you each day to keep up your training over the next 12 weeks ready for your sprint triathlon ahead.

We have set out the plan week by week, there are swim, bike and run sessions to complete in bite sized chunks. Some of you may already be performing ahead of expectations in one or more of these areas. However, we have written this plan to make sure that those starting out on their training journey can do so in a manageable way. If you have any concerns about your health and fitness please consult your doctor before undertaking physical exercise and starting this training plan.

With the support of our team you will be amazed at just how much you can achieve!

We also reach out into the community and provide coaching days, training plans and guidance. If you require any additional help, please contact us.

Paul & Stefan
www.100tri.uk




BRITISH
TRIATHLON

**PARTICIPATION COACH
OF THE YEAR
2023 REGIONAL WINNER**

WEEK #1:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	DAY OFF	SWIM	BIKE	RUN
-6 x 25m, -4 x 50m, -2 x 75m, -100m (Total 600m)	-8 min W/up, ----- -30 mins @ RPE 5-7, ----- -4 mins Cooldown	-8 mins W/up, ----- -4 x (4 mins @ RPE 5-7 + 1 min WALK) ----- -4 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	2 x (4 x 25m, 2 x 50m, 100m, 50m, 25m) (TOTAL 750m)	-8 min W/up, ----- -50 mins @ RPE 5-7, ----- -2 mins Cooldown	-8 mins W/up, ----- -2 x (8 mins @ RPE 5-7 + 2 mins WALK) ----- -4 mins Cooldown
600m	0:44:00	0:32:00		750m	1:00:00	0:32:00
PRIORITY: A	A	A		B	B	C
Relaxation is the key to fluid swimming, breath and take your time.	No need to pull up any trees today, just get used to the structure and build your consistency.		Your legs may be tired after three training days in a row, relax and aim to find a fluid rhythm.	Relax and don't force things, you can't fight the water.	Time on your bike will steadily rise so make sure you are comfortable with its set-up.	Relax and find your stride, breathe and focus on being as relaxed as possible at your pace.

WEEK #2:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BIKE	RUN	SWIM	BIKE	RUN
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-2 x 50m, -4 x 25m C/up DRILL, -8 x 50m, -8 x 25m (Total 800m)	-8 min W/up, ----- -30 mins @ RPE 5-7, -4 x (20s FAST + 40s EASY), ----- -4 mins Cooldown	-8 mins W/up, ----- -2 x (8 mins @ RPE 5-7 + 2 mins WALK) ----- -2 mins Cooldown	-100m, -4 x 25m C/up DRILL, -2 x 25m KICK, 2 x (100m, 2 x 50m, 4 x 25m) (TOTAL 850m)	8 min W/up, ----- -50 mins @ RPE 5-7, -4 x (20s FAST + 40s EASY), ----- -2 mins Cooldown	8 min W/up, ----- -20 mins @ RPE 5-7, -4 x (15s FAST + 45s EASY), ----- 2 mins Cooldown
	800m	0:46:00	0:32:00	850m	1:04:00	0:34:00
PRIORITY:	B	B	C	A	A	B
	This session introduces swim drills for the first time, watch the video below for full detail: Swim Drills: CATCH UP (superman) - YouTube	The fast efforts are not sprints, instead ride strongly above your average pace within your ride.		Swim Drills: CATCH UP (superman) - YouTube	Ride a mixed route during your ride, if possible, include a few lumps and bumps and hills if you have some locally to you.	During the Fast efforts imagine striding out as a 400m runner, don't sprint, run strong and open your stride a little.

WEEK #3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BRICK	RUN	SWIM	BRICK	DAY OFF
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-2 x 100m, -2 x 25m KICK, -8 x 50m (Total 650m)	-30 mins @ RPE 5-7, ----- 3 x (4 mins Run @ RPE 5-7 + 1 min EASY)	-8 min W/up, ----- -20 mins @ RPE 5-7, ----- -2 mins Cooldown	-100m, -4 x 25m C/up Drill, -8 x 75m (Total 800m)	-40 mins @ RPE 5-7 ----- -2 x (8 mins Run @ RPE 5-7 + 2 mins EASY)	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out
	650m	0:45:00	0:30:00	800m	1:00:00	
PRIORITY: B	B	A	C	B	A	
	If feeling good, aim to limit your recovery for your 50m reps and take 15-20s recovery after each.	A brick requires you to run straight after you finish your bike session. Take time for a quick change and then head straight out to start your run.	Aim for super easy relaxed running.	Relax during these slightly longer reps.	The aim is to get used to running on fatigued legs in these sessions so only focus on relaxing and getting into your stride in the run.	

WEEK #4:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	DAY OFF	SWIM	BIKE	RUN
-100m, -4 x 25m C/up DRILL, -2 x 25m KICK, -2 x (100m, 2 x 50m, 4 x 25m) (TOTAL 850m)	-20 mins @ RPE 5-7 ----- -2 x (10 mins @ RPE 5-7, 3 mins @ RPE 8) ----- -5 mins Cooldown	-8 min W/up, ----- -20 mins @ RPE 5-7, ----- -4 x (15s FAST + 45s EASY) ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-25m, 50m, 75m, 100m, 125m, 150m, -2 x 75m, -6 x 25m (Total 825m)	-8 min W/up, ----- -50 mins @ RPE 5-7, ----- -4 x (20s FAST + 40s EASY) ----- -2 mins Cooldown	-8 min W/up, ----- -20 mins @ RPE 5-7, -4 mins @ RPE 8, ----- -4 mins Cooldown
850m	0:51:00	0:34:00		825m	1:04:00	0:36:00
PRIORITY: A	A	B		C	B	B
	Bring a bit of intensity to your bike sessions with these intervals, be strong and positive in the 3 minute sections.	Use the faster efforts to build your running form, run well and be confident.		If feeling good aim to swim your 6 x 25's slightly quicker.	Build your aerobic base on your bike and start to stretch these sessions out.	Relax in the first part of your run and then finish strong!

WEEK #5:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BIKE	RUN	SWIM	BIKE	BRICK
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-100m, 200m, -2 x 150m, -3 x 100m (Total 900m)	-20 mins @ RPE 5-7, ----- -5 x (3 mins @ RPE 8 + 2 mins EASY) ----- -5 mins Cooldown	8 min W/up, ----- -20 mins @ RPE 5-7, -4 mins @ RPE 8, ----- -4 mins Cooldown	-150m, -4 x 25m C/up DRILL, -2 x 25m KICK, -4 x (100m, 2 x 25m @ RPE 9) (TOTAL 900m)	-8 min W/up, ----- -60 mins @ RPE 5-7, -4 x (20s FAST + 40s EASY) ----- -2 mins Cooldown	-20mins Bike, -10mins Run (Both @ RPE 7) ----- -15 mins Bike @ RPE 8, -10mins Run @ RPE 7 ----- -10 mins Bike @ RPE 7, -5 mins Run @ RPE 8
	900m	0:50:00	0:36:00	900m	1:14:00	1:10:00
PRIORITY:	C	A	C	B	B	A
	Although a simple aerobic swim, focus on your technique and keeping relaxed.	The three-minute intervals should feel strong and sustainable, think strong not fast while working through them.	If you feel fatigued after yesterday's bike session, then do not complete the 4-min pick up in pace.	Develop your form to develop your pace, don't force things and swim well.	It is now time to think about adding fuel to your bike ride via an energy drink or a small snack to eat while riding.	The aim of this session is to get you used to swapping from cycling to running, start easy and finish strong

WEEK #6:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BIKE	RUN	SWIM	BRICK	DAY OFF
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-2 x 100m, -10 x 50m (Total 700m)	-40 mins @ RPE 5-7, ----- -2 x (8 mins Run @ RPE 5-7 + 2 mins EASY)	-8 min W/up, ----- -20 mins @ RPE 5-7, ----- -2 mins Cooldown	-100m, -4 x 25m C/up Drill, -2 x 25m KICK -8 x 75m (Total 850m)	-50 mins @ RPE 5-7, ----- -20 mins Run @ RPE 5-7 EASY -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out
	700m	1:00:00	0:30:00	850m	1:12:00	
PRIORITY:	C	A	C	B	A	
	Cruise through this session.	Aim to run straight off the bike no pause or break	Relax and enjoy an easier paced run.	Focus fully on good technique during the 75m reps.	Imagine this as a race day rehearsal, when you start your run, think about relaxing and getting into your stride.	

WEEK #7:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	DAY OFF	SWIM	BIKE	RUN
-100m, -200m, -2 x 150m, -3 x 100m (Total 900m)	-15 mins @ RPE 5-7, ----- -4 x (5 mins @ RPE 8 + 2 mins EASY) ----- -5 mins Cooldown	-8 min W/up, ----- -20 mins @ RPE 5-7, -4 mins @ RPE 8, ----- -4 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-150m, -4 x 25m C/up DRILL, - 2 x 25m KICK, - -4 x 150m (TOTAL 900m)	-8 min W/up, ----- -70 mins @ RPE 5-7, -4 x (20s FAST + 40s EASY) ----- -2 mins Cooldown	-8 min W/up, ----- -30 mins @ RPE 5-7, -4 mins @ RPE 8, ----- -4 mins Cooldown
900m	0:48:00	0:40:00		900m	1:24:00	0:41:00
PRIORITY: C	A	C		B	A	B
Start your week well with a strong focused swim	Think strong not fast during these efforts and ensure that the recovery is super easy.	Relaxed running, before finishing strong.		The main set is slightly longer so remain focused and don't force things.	Include a few hills / climbs in today's ride.	You may feel slight fatigue at the start of this session, so simply get into your rhythm and stay relaxed.

WEEK #8:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BIKE	RUN	SWIM	BIKE	BRICK
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-100m, -200m, -2 x 150m, -4 x 100m (Total 1000m)	-15 mins @ RPE 5-7, ----- -5 x (5 mins @ RPE 8 + 2 mins EASY) ----- -5 mins Cooldown	-8 min W/up, ----- -25 mins @ RPE 5-7, -4 x (15s FAST + 45s EASY) ----- -2 mins Cooldown	-100m, -4 x 25m C/up DRILL, - 2 x 25m KICK, -3 x 200m (TOTAL 850m)	-8 min W/up, ----- -80 mins @ RPE 5-7, ----- -2 mins Cooldown	-50 mins @ RPE 5-7 ----- -20 mins Run @ RPE 5-7, -3 mins @ RPE 8, ----- -2 mins Cooldown
	1000m	00:55:00	0:39:00	850m	1:30:00	1:25:00
	A	B	C	C	A	C
	Relax and be efficient, build your time in the water with these longer reps.	You know what to expect so stay strong and push yourself in this session.	Use the fast efforts to open your stride out and to allow you to finish running well.	Relax, relax, relax!!	Find a few climbs during the ride today.	Use an energy drink on the bike and try and start your run as close to the end of the bike as possible.

WEEK #9:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BRICK	DAY OFF	SWIM	BRICK	DAY OFF
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-2 x 100m, -10 x 50m (Total 700m)	-40 mins @ RPE 5-7 ----- -15 mins Run @ RPE 5-7, -3 mins @ RPE 8, ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-100m, -4 x 25m C/up Drill, -2 x 25m KICK -4 x 100m (Total 650m)	-60 mins @ RPE 5-7 ----- -28 mins Run @ RPE 5-7, ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out
	700m	1:00:00		650m	1:30:00	
PRIORITY: C	C	A		B	A	
	Enjoy this shorter swim set!	Start easy and finish strong!		Place all focus on your technique!	Aim to use equipment that you plan to use on race day for this session.	

WEEK #10:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	DAY OFF	SWIM	BIKE	BRICK
-100m, -4 x 25m C/up DRILL, -1 x 400m -2 x 200m (Total 1000m)	-15 mins @ RPE 5-7, ----- -5 x (5 mins @ RPE 8 + 2 mins EASY), ----- -5 mins Cooldown	-8 min W/up, ----- -25 mins @ RPE 5-7, -4 x (15s FAST + 45s EASY), ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-100m, -200m, -2 x 150m, -4 x 100m (Total 1000m)	-8 min W/up, ----- -80 mins @ RPE 5-7, ----- -2 mins Cooldown	-60 mins @ RPE 5-7 ----- -22 mins Run @ RPE 5-7, -3 mins @ RPE 8, ----- -5 mins Cooldown
100m	00:55:00	00:39:00		100m	1:30:00	1:30:00
PRIORITY: C	A	C		B	B	A
Aim to be consistent with your pace and your time for each of the 200m reps.	Really focus in this session and imagine pushing the pace on race day.			As the reps get shorter and you are feeling good, then up the pace!	This is your last longer bike session, make it a good one.	You may be tired at the start of this session but it's important that you stay positive and push on.

WEEK #11:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	SWIM	BRICK	RUN	SWIM	BRICK	DAY OFF
Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out	-100m, -2 x 25m C/up DRILL, - -2 x 25m KICK, -1 x 400m, -4 x 100m (Total 1000m)	-20 mins @ RPE 5-7, ----- -2 x (3 mins @ RPE 8 + 2 mins EASY), -5 mins Cooldown ----- -8 mins Run @ RPE 5- 7, -2 mins Cooldown	-8 min W/up, ----- -25 mins @ RPE 5-7, -4 x (15s FAST + 45s EASY), ----- -2 mins Cooldown	-200m, -100m, -10 x 50m (Total 800m)	-50 mins @ RPE 5-7 ----- -15 mins Run @ RPE 5-7, -3 mins @ RPE 8, ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax, take time out
	1000m	0:45:00	00:34:00	800m	1:10:00	
PRIORITY:	C	A	C	B	A	
	Think about race day during your 4 x 100m and swim smoothly.	This session is for maintaining fitness, not building it so be efficient.		If all is feeling good then push the pace in the 50's a little.	Aim for this session to feel better than last weeks brick.	

WEEK #12:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM	BIKE	RUN	SWIM	BRICK	DAY OFF	RACE DAY
-100m, -4 x 25m C/up DRILL, -2 x 25m KICK, -4 x 100m (TOTAL 650m)	-8 min W/up, ----- -20 mins @ RPE 5-7, -3 mins @ RPE 8, ----- -2 mins Cooldown	-8 min W/up, ----- -10 mins @ RPE 5-7, -4 x (15s FAST + 45s EASY) ----- -2 mins Cooldown	-100m, -2 x 25m KICK, -8 x 50m (TOTAL 550m)	-20 mins @ RPE 5-7 ----- -8 mins Run @ RPE 5- 7, ----- -2 mins Cooldown	Rest and focus on your recovery: -Eat clean -Drink extra water -Have extra sleep -Relax -Prep your kit for tomorrow	Nothing else to do but go race - stay positive and relaxed and enjoy your racing.
650m	00:33:00	00:24:00	550m	0:30:00		
PRIORITY: C	C	B	C	A	A	A
	Don't work too hard, maintain fitness and keep things sharp.			Move to make sure all is ready for Sunday. Check your bike and kit and once done, relax!!		It is you against the course, focus, take control and enjoy the challenge!



USING YOUR TEAM 100% TRI TRAINING PLAN

Golden Rules for Amending Your Training Plan

The 100%-Tri training plan is structured in such a way that we hope for a 90% fit with most people's weeks, we are aware that even with this at the centre of our planning that sessions may need to be moved to suit your week for ease of inclusion. This can sometimes lead to cramming and an increased risk of injury so below are our golden rules for moving / amending sessions:

- **7 days do not fit into 4**

Sometimes something must give, refer to the priority value within the training plan so you know what can be missed.

- **Do not run on 3 consecutive days**

Running is the highest risk activity for injury so ensure that you spread these sessions out, DO NOT run two full sessions back-to-back, a run session followed the next day by a short brick or vice versa is fine but do not run-on day number 3.

- **Don't expect the world**

If you must complete same discipline sessions on consecutive days expect there to be extra fatigue, it's highly unlikely that it will feel as strong as normal so don't worry about it.

- **Don't just drop one discipline**

Ensure that as a minimum you complete one session per discipline in any week you need to amend and tweak.

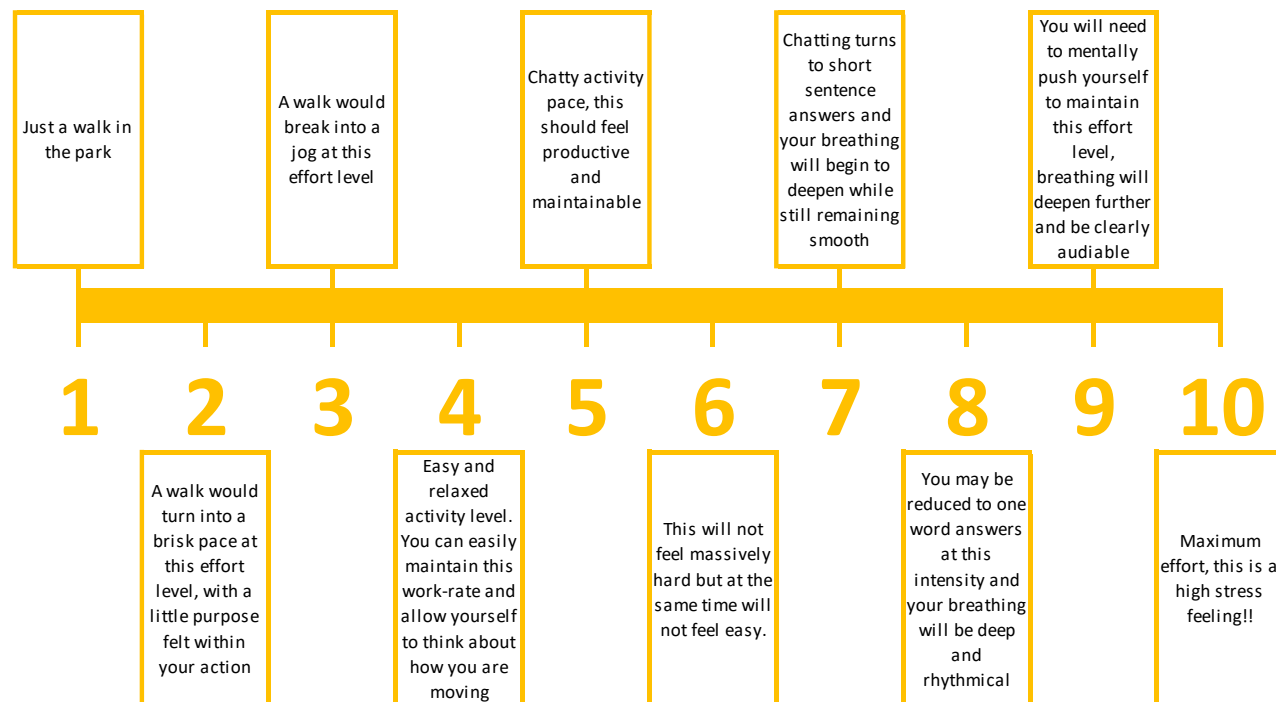
- **It's not the end of the world**

If situations arise and priorities require your attention elsewhere and a training week must be skipped, **YOU WILL NOT LOSE FITNESS OVER A WEEK!!!** Don't try and catch it up just pick up training as per the plan the following week or at your first opportunity.

- **A short session is better than no session**

Understanding RPE (Perceived Effort)

Perceived exertion or effort is how hard you feel like your body is working. It is based on the physical sensations you experience during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. We have used a scale of 1 – 10 and kept our scale simple to understand. Have a look at these descriptions of effort level for each training session where effort level is stated.



For all coaching and training advice contact us via www.100tri.uk