

8 WEEK SPRINT TRIATHLON TRAINING PROGRAM

Week 1	Swim 1 -2x 100-200 yds.	Bike 2x 30 min. easy	Run/Walk 2x ½ -1 mile	
Week 2	Swim 1 -2x 100-200 yds.	Bike 2x 30 min. easy	Run/Walk 2x ½ -1 mile	
Week 3	Swim 2x 300 yds.	Bike 2x 45 min.	Run/Walk 2x 1 -1.5 miles	Practice the bike to run transition
Week 4 Easy week	Swim 1x 300 yds.	Bike 1x 30 min.	Run/Walk 1x 1.5 miles	
Week 5	Swim 2x 300 yds.	Bike 2x 45-60 min.	Run/Walk 2x 2 – 2.5miles	Practice the bike to run transition
Week 6	Swim 2x 300 yds.	Bike 2x 45-60 min.	Run/Walk 2x 2- 2.5 miles	If possible, practice swim to bike transition
Week 7	Swim 2x 400-500 yds.	Bike 2x 60 min.	Run/Walk 2x 2-3 miles	Practice the bike to run transition
Week 8 Taper	Swim 1x 400-500 yds.	Bike 1x 45 min.	Run/Walk 1x 3 miles	Practice the bike to run transition

Training Tips:

This training schedule is designed for the first time triathlete or deconditioned persons.

Focus on your weakest skill and alter schedule as needed for training that skill.

- 1) Make sure you warm up with calisthenics or some range of motion movements.
- 2) Listen to your body throughout the week for any overuse injuries or pain and adjust your workout schedule. Make sure you are stretching after each workout.
- 3) Hydrate, hydrate, hydrate.