

# Sprint Triathlon

**Beginner Training Plan**  
**14 weeks**



- Grand Rapids Triathlon Sprint Distances are as follows:
  - ❖ Swim – 600 meters (656 yards or approx 13 laps in a 25 yd pool)
  - ❖ Bike – 20K (12.4 miles)
  - ❖ Run – 5K (3.1 miles)
- Plan designed for beginner triathlete with basic swimming, cycling & running skills
- Individuals starting this plan should currently be active 30 minutes per day 5 times per week or average 2.5 hours of activity per week minimum
- Training plan created by **AthleticMentors** USA Triathlon Certified Coaches
- Personalized training plans and one-on-one coaching available
  - ❖ Contact Athletic Mentors online at [www.athleticmentors.com](http://www.athleticmentors.com)
  - ❖ Contact Athletic Mentors via phone at 269-664-6912

# Terminology



- RPE – rate of perceived exertion; scale of 1–10 with 10 being max effort
  - ❖ See descriptions of scale on next slide
  
- Brick – combination workout that moves from one discipline directly into the next
  - ❖ simulates race situation
  
- Tempo – continuous effort in zone 3
  
- Speedwork – repeats of short intervals in zone 4
  - ❖ Example: 0.25–0.5 mile for run, 1–2 minutes for bike, 25–50 yards for swim
  
- Long Interval - repeats of long intervals in zone 3
  - ❖ Example: mile for run, 5+ minutes for bike, 100+ yards for swim

# RPE Scale

Perceived Effort	Description			
10	Max Effort Activity	Feels almost impossible to keep going	Completely out of breath	Unable to talk
9	Very Hard Effort	Very difficult to maintain exercise intensity	Can barely breathe	Can barely speak a single word
7-8	Vigorous Activity	On the verge of becoming uncomfortable	Short of breath	Can speak a sentence
4-6	Moderate Activity	Feels like you can exercise for hours	Breathing heavily	Can hold short conversation
2-3	Light Activity	Feels like you can maintain for hours	Easy to breath	Can carry a conversation
1	Very Light Activity	Anything other than sleeping		

# Training Zones

<b>% of max HR</b>	<b>Zone</b>	<b>RPE</b>	<b>Name</b>	<b>Description</b>
50-70%	1	2-3	active recovery	long slow
70-80%	2	4-5	aerobic / endurance	can exercise comfortably for an extended period of time
80-90%	3	6-7	tempo / threshold	fast work that can be held for some number of minutes
90-95%	4	8-9	interval work	short bouts of 1 - 5 minutes at high pace
95-100%	5	10	sprint/power	all out effort; held for less than a couple of minutes

# Training Phases I - II



## ➤ BASE PHASE

- ❖ Spend most of training time in zone 2
- ❖ Include a few 20-30 second hard efforts to 1 workout per discipline per week
- ❖ Add a 3<sup>rd</sup> day of strength training if time permits

## ➤ BUILD PHASE

- ❖ Spend majority of time in zone 2
- ❖ Add a tempo session or long interval session to 1 workout per discipline per week
- ❖ Substitute a hill workout for 1 strength training day if desired

# Training Phases III - IV



## ➤ PEAK PHASE

- ❖ Spend less than half of training time in zone 2
- ❖ Maintain tempo session or long interval session for each discipline per week
- ❖ Change second workout per week for each discipline to speedwork
- ❖ Substitute a hill workout for 1 strength training day if desired

## ➤ TAPER PHASE

- ❖ Increase intensity of workouts
- ❖ Cut training volume in half
- ❖ Allow for full recovery between intervals

# WEEKS 1 - 3



<u>Week 1 - BASE</u>		
Mon	OFF	
Tue	Run	0:15
	Strength Train	0:30
Wed	Swim	0:20
Thu	Bike	0:20
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:15
Sun	Bike	0:20
	Weekly Total	2:30

<u>Week 2 - BASE</u>		
Mon	OFF	
Tue	Run	0:20
	Strength Train	0:30
Wed	Swim	0:20
Thu	Bike	0:25
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:20
Sun	Swim	0:20
	Weekly Total	2:45

<u>Week 3 - BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:20
Wed	Swim	0:20
Thu		
	Strength Train	0:30
Fri	OFF	
Sat	Swim	0:20
Sun	Bike	0:30
	Weekly Total	2:00



# WEEKS 4 - 6



<u>Week 4 - BASE</u>		
Mon	OFF	
Tue	Run	0:25
	Strength Train	0:30
Wed	Swim	0:20
Thu	Bike	0:30
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:20
Sun	Bike	0:30
	Weekly Total	3:05

<u>Week 5 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:25
Thu	Bike	0:40
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:25
Sun	Bike	0:35
	Weekly Total	3:35

<u>Week 6 - BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:25
	Strength Train	0:30
Wed	Swim	0:20
Thu	Bike	0:30
Fri	OFF	
Sat	Run	0:30
Sun	Swim	0:20
	Weekly Total	2:35

# WEEKS 7 - 9



<u>Week 7 - BUILD</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	0:25
Thu	Bike	0:55
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:30
Sun	Bike	0:40
	Weekly Total	4:05

<u>Week 8 - BUILD</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	0:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	OFF	
Sat	Run	0:40
Sun	Swim	0:30
	Weekly Total	4:20

<u>Week 9 - BUILD</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:25
Thu		
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:15/1:10)	1:25
Sun	Bike/Run Brick (1:00/0:30)	1:30
	Weekly Total	4:50

# WEEKS 10 - 12



<b>Week 10 - BUILD (recovery)</b>		
Mon	OFF	
Tue	Run	0:25
	Strength Train	0:30
Wed	Swim	0:25
Thu	Bike	0:40
Fri	OFF	
Sat	Swim	0:25
Sun	Bike	1:00
	Weekly Total	3:25

<b>Week 11 - PEAK</b>		
Mon	OFF	
Tue	Swim	0:30
	Strength Train	0:30
Wed	Run	0:30
Thu	Swim	0:30
	Strength Train	0:30
Fri	OFF	
Sat	Bike/Run Brick (1:05/0:20)	1:25
Sun	Bike/Run Brick (1:00/0:25)	1:25
	Weekly Total	5:20

<b>Week 12 - PEAK</b>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:30
Thu	Bike	0:40
	Strength Train	0:30
Fri	OFF	
Sat	Swim/Bike Brick (0:20/1:00)	1:20
Sun	Bike/Run Brick (0:55/0:25)	1:20
	Weekly Total	5:20

# WEEKS 13 - 14



<u>Week 13 - TAPER</u>		
Mon	OFF	
Tue	Swim/Bike Brick (0:20/0:30)	0:50
Wed	OFF	
Thu	Run	0:25
Fri	Bike	0:30
Sat	OFF	
Sun	Bike/Run Brick (0:30/0:25)	0:55
	Weekly Total	2:40

<u>Week 14 - TAPER</u>		
Mon	OFF	
Tue	Bike/Run Brick (0:30/0:10)	0:40
Wed	OFF	
Thu	Swim/Bike Brick (0:10/0:20)	0:30
Fri	OFF	
Sat	Bike	0:20
Sun	<b>GRAND RAPIDS TRI RACE DAY</b>	
	Weekly Total	1:30