

12 week

sprint Distance

Below is a look at where each work-out is placed, through-out the 12 weeks.

Week 1	Swim	Swim		Swim	DAY OFF	Swim		
	Bike		Bike					Bike
Week 2	Run	Run		Run	DAY OFF		Bike	Bike
	Swim	Swim		Swim			Swim	
Week 3	Bike		Bike		DAY OFF		Bike	Bike
	Run	Run		Run				Bike
Week 4	Swim			Swim	DAY OFF	Swim		
	Bike	DAY OFF	Bike					Bike
Week 5	Run			Run	DAY OFF		Bike	Bike
	Swim	Swim		Swim			Swim	
Week 6	Bike		Bike		DAY OFF		Bike	Bike
	Run	Run		Run			Swim	
Week 7	Swim	Swim		Swim	DAY OFF	Swim		
	Bike		Bike					Bike
Week 8	Run	Run		Run	DAY OFF		Bike	Bike
	Swim			Swim			Swim	
Week 9	Bike	DAY OFF	Bike		DAY OFF		Bike	Bike
	Run			Run				Bike
Week 10	Swim	Swim		Swim	DAY OFF	Run	Swim	
	Bike		Bike					Bike
Week 11	Run	Run		Run	DAY OFF	Run	Run	
	Swim			Swim				Swim
Week 12	Bike	DAY OFF	Bike		DAY OFF		Bike	Bike
	Run			Run			Run	Run
Week 12	Swim	Swim		Swim	DAY OFF	Swim		RACE DAY
	Bike		DAY OFF	Bike				
Week 12	Run	Run		Run			Run	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 100meter warm-up at a very easy pace, then 4 x 25meter at a medium pace with 50seconds Rest, then 100meter easy warm-down. (300meter total)		Swim 100meter warm-up at a very easy pace, then 3 x 50meter at a medium pace with 60seconds Rest, then 100meter easy warm-down. (350meter total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important)	Swim 100meter warm-up at a very easy pace, then 100meter at a medium pace then 100meter easy warm-down. (300meter total)			Week 1
Bike		15min bike on flat roads at an easy pace.				20min bike in the morning and on flat roads at an easy pace.	30min long bike on flat roads at an easy pace.	
Run	10 minute flat run at an easy pace.		10 minute flat run at an easy pace.			15 minute long flat run in the afternoon at an easy pace.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 200meter warm-up at a very easy pace, then 4 x25meter at a medium pace with 30seconds Rest, then 100meter easy warm-down. (400meter total)		Swim 200meter warm-up at a very easy pace, then 2 x 50meter at a medium pace with 60seconds Rest, then 100meter easy warm-down. (400meter total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important)	Swim 200meter warm-up at a very easy pace, then 100meter at a medium pace with 90seconds Rest, 100meter easy warm-down. (400meter total)			Week 2	
Bike		15min bike on flat roads at an easy pace.				20min bike in the morning and on flat roads at an easy pace.	35min long bike on flat roads at an easy pace.		
Run	10 minute flat run at an easy pace.		15 minute flat run at an easy pace.				15 minute long flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 200meter warm-up at a very easy pace, then 2 x 100meter at a medium pace with 60seconds Rest, 2 x 50meter MP with 50seconds Rest then 100meter easy warm-down. (600meter total)		Swim 200meter warm-up at a very easy pace, then 2 x 25meter at a medium pace to hard pace with 75 seconds Rest. Rest 90 seconds then 3 x 50meter with 60seconds Rest, then 100meter easy warm-down. (500meter total)	DAY OFF	Swim 100meter warm-up at a very easy pace, then 3 x 100meter at a medium pace with 90seconds Rest, then 100meter easy warm-down. (600meter total)			Week 3	
Bike		15min bike on flat roads at an easy pace.				25min bike in the morning and on flat roads at an easy pace.	40min long bike on flat roads at an easy pace.		
Run	15 minute flat run at an easy pace.		15 minute flat run at an easy pace.				20 minute long flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	DAY OFF		Swim 100meter warm-up at a very easy pace, then 4 x 50meter at a medium pace with 60seconds Rest, 100meter easy warm-down. (400meter total)	DAY OFF	Swim 100meter warm-up at a very easy pace, then 4 x 25meter kick with kick board at an easy pace. Rest 90 seconds then 1 x 100meter at a medium pace with 90seconds Rest, then 100meter easy warm-down. (400meter total)			Week 4	
Bike			20min bike on flat roads at an easy pace.				20min bike in the morning and on flat roads at an easy pace.		30min long bike on flat roads at an easy pace.
Run					10 minute flat run at an easy pace.				20 minute long flat run in the afternoon at an easy pace.
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 100meter warm-up at a very easy pace, then 8 x 25meter at a medium pace with 50seconds Rest, then 100meter easy warm-down. (400meter total)		Swim 100meter warm-up at a very easy pace, then 6 x 50meter at a medium pace with 60seconds Rest, then 100meter easy warm-down. (500meter total)	DAY OFF	Swim 100meter warm-up at a very easy pace, then 3 x 100meter at a medium pace with 90seconds Rest, then 100meter easy warm-down. (500meter total)			Week 5	
Bike		20min bike on flat roads at an easy pace.				25min bike in the morning and on flat roads at an easy pace.	40min long bike on flat roads at an easy pace.		
Run	20 minute flat run at an easy pace.		20 minute flat run at an easy pace.				30 minute long flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 200meter warm-up at a very easy pace, then 4 x25meter at a medium pace with 30seconds Rest, then 100meter easy warm-down. (400meter total)		Swim 200meter warm-up at a very easy pace, then 2 x 50meter at a medium pace with 60seconds Rest, then 100meter easy warm-down. (400meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, then 100meter at a medium pace with 90seconds Rest, 100meter easy warm-down. (400meter total)			Week 6	
Bike		20min bike on flat roads at an easy pace.				20min bike in the morning and on flat roads at an easy pace.	30min long bike on flat roads at an easy pace.		
Run	20 minute flat run at an easy pace.		20 minute flat run at an easy pace.				25 minute long flat run in the afternoon at an easy pace.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meter warm-up at a very easy pace, then 3 x 100meter at a medium pace with 60seconds Rest, 2 x 50meter at a medium pace with 50seconds Rest then 100meter easy warm-down. (700meter total)		Swim 200meter warm-up at a very easy pace, then 2 x 25meter at a medium pace to hard pace, with 75 seconds Rest. Rest 90 sec then 6 x 50meter with 60seconds Rest, then 100meter at an easy pace, then 100meter easy warm-down. (750meter total)	DAY OFF	Swim 100meter warm-up at a very easy pace, then 4 x 100meter at a medium pace with 90seconds Rest, then 100meter easy warm-down. (700meter total)			Week 7
Bike		40min bike on flat roads at an easy pace.				30min bike in the morning and on flat roads at an easy pace.	50min long bike on flat roads at an easy pace.	
Run	25 minute flat run at an easy pace.		25 minute flat run at an easy pace.			35 minute long flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 100meter warm-up at a very easy pace, then 4 x 50meter at a medium pace with 60seconds Rest, then 4 x 25meter at a medium pace, with 45seconds Rest, 100meter easy warm-down. (500meter total)	DAY OFF	Swim 100meter warm-up at a very easy pace, then 4 x 25meter kick with kick board at an easy pace. Rest 90 seconds then 1 x 200meter at a medium pace with 90seconds Rest, then 100meter easy warm-down. (500meter total)			Week 8
Bike		30min bike on flat roads at an easy pace.				30min bike in the morning and on flat roads at an easy pace.	40min long bike on flat roads at an easy pace.	
Run			25 minute flat run at an easy pace.			30 minute long flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 100meter warm-up at a very easy pace, then 2 x 50meter choice stroke at an easy pace with 45 seconds Rest then 2 x 100meter at a medium pace with 90 seconds Rest, 100meter easy warm-down. (500meter total)		Swim 200meter warm-up at a very easy pace, then 4 x 50meter at a medium pace with 45seconds Rest, then 100meter easy warm-down. (500meter total)	DAY OFF		300meter continuous swim at an easy pace, then immediately into a 30min bike on flat roads at an easy pace, then a 20min run at an easy pace, immediately after the bike ride. This training day will prepare you for race day.		Week 9
Bike		45min bike on hilly roads at an easy pace.					1hr long bike on flat road at an easy pace.	
Run	30 minute run on flat and rolling road at an easy pace.		40 minute flat run at an easy pace.		30 minute run on flat and rolling road at an easy pace.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 250meter warm-up at a very easy pace, then 2 x 25meter at a medium pace with 45seconds Rest. Rest 60seconds then 4 x 100meter at a medium pace with 60seconds Rest, 4 x 50meter at a medium pace with 45 seconds Rest, 100meter easy warm-down. (1000meter total)		Swim 200meter warm-up at a very easy pace, then 4 x 25meter at a medium pace to hard pace, with 75 seconds Rest. Rest 90 seconds, then 8 x 50meter at a medium pace with 60seconds Rest, then 100meter at an easy pace, then 100meter easy warm-down. (900meter total)	DAY OFF		200meter continuous swim at an easy pace, then immediately into a 40min bike on flat roads at an easy pace, then a 15min run at an easy pace immediately after the bike ride.		Week 10
Bike		40min bike on hilly roads at an easy pace.					1hr long bike on flat road at an easy pace.	
Run	35 minute flat run at an easy pace.		40 minute run on flat and rolling road at an easy pace.		45 minute long flat run at an easy pace.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 200meter warm-up at a very easy pace, then 4 x 50meter at a medium pace with 30seconds Rest, 5 x 100meter at a medium pace with 60seconds Rest, then 100meter easy warm-down. (1000meter total)	DAY OFF		400meter continuous swim at an easy pace, then immediately into a 40min bike on flat roads at an easy pace, then a 20min run at an easy pace immediately after the bike ride.		Week 11
Bike		40min bike on flat roads at an easy pace.					40min long bike on flat roads at an easy pace.	
Run			40 minute flat run at an easy pace.		35 minute flat run at an easy pace.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meter warm-up at a very easy pace, then 8 x 25meter at a medium pace with 35seconds Rest then 200meter easy warm-down. (600meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, then 2 x 25meter at a medium pace with 30seconds Rest, 1 x 100meter at a medium pace with 90seconds Rest, 2 x 25meter at a medium pace with 30seconds Rest, then 100meter easy warm-down. (500meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, then 2 x 50meter at a medium pace with 30seconds Rest then 100meter easy warm-down. (400meter total)		RACE DAY Enjoy your day!	Week 12
Bike			20min bike on flat roads at an easy pace.			10min bike on flat roads at an easy pace. Do this bike ride in the morning.		
Run	30 minute flat run at an easy pace.		15 minute flat run at an easy pace.			10 minute flat run in the early afternoon at an easy pace.		