

8 week

sprint

Below is a look at where each work-out is placed, through-out the 8 weeks.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Week 1	Swim	Swim		Swim	DAY OFF	Swim				
	Bike		Bike					Bike	Bike	
	Run	Run		Run				Run		
Week 2	Swim	Swim		Swim	DAY OFF	Swim				
	Bike		Bike					Bike	Bike	
	Run	Run		Run				Run		
Week 3	Swim	Swim		Swim	DAY OFF	Swim				
	Bike		Bike					Bike	Bike	
	Run	Run		Run				Run		
Week 4	Swim	DAY OFF		Swim	DAY OFF	Swim				
	Bike		Bike					Bike	Bike	
	Run			Run				Run		
Week 5	Swim	Swim		Swim	DAY OFF			Swim		
	Bike		Bike					Bike	Bike	
	Run	Run		Run			Run	Run		
Week 6	Swim	Swim		Swim	DAY OFF			Swim		
	Bike		Bike					Bike	Bike	
	Run	Run		Run			Run	Run		
Week 7	Swim	DAY OFF		Swim	DAY OFF			Swim		
	Bike		Bike					Bike	Bike	
	Run			Run			Run	Run		
Week 8	Swim	Swim	DAY OFF	Swim	DAY OFF	Swim		RACE DAY		
	Bike			Bike					Bike	
	Run	Run		Run			Run		Run	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Swim	Swim 100meters warm-up at a very easy pace then 8 x 25meters at a medium pace with 50seconds rest between each of the 25's, then 100meters easy warm-down. (400meters total)		Swim 100meters warm-up at a very easy pace then 6 x 50meters at a medium pace with 60seconds rest between each of the 50's, then 100meters easy warm-down. (500meters 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).	Swim 100meters warm-up at a very easy pace then 3 x 100meters at a medium pace with 90seconds rest between each of the 100's, then 100meters easy warm-down. (500meters total)			Week 1	
Bike		20minute bike on flat roads and at an easy pace.				25minute bike in the morning and on flat roads and at an easy pace.	40minute long bike ride on flat roads and at an easy pace.		
Run	20minute flat run at an easy pace.		20minute flat run at an easy pace.			30minute long flat run in the afternoon and at an easy pace.			
Swim	Swim 200meters warm-up at a very easy pace then 4 x 25meters at a medium pace with 30seconds rest, then 100meters easy warm-down. (400meters total)		Swim 200meters warm-up at a very easy pace, then 2 x 50meters at a medium pace with 60seconds rest, then 100meters easy warm-down. (400meters 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).	Swim 200meters warm-up at a very easy pace, then 100meters at a medium pace then a 100meter easy warm-down. (400meters total)			Week 2	
Bike		20minute bike on flat roads and at an easy pace.				20minute bike in the morning and on flat roads and at an easy pace.	30minute long bike on flat roads and at an easy pace.		
Run	20minute flat run at an easy pace.		20minute flat run at an easy pace.			25minute long flat run in the afternoon and at an easy pace.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meters warm-up at a very easy pace then 3 x 100meters at a medium pace with 60seconds rest between 100's then 2 x 50meters at a medium pace with 50seconds rest then 100m easy warm-down. (700m total)		Swim 200meters warm-up at a very easy pace. Then 2 x 25meters at a medium to hard pace with 75seconds rest between 25's. Rest 90seconds then 6 x 50meters at a medium pace with 60seconds rest, then 100meters at an easy pace, then 100meters easy warm-down. (750M total)	DAY OFF	Swim 100meters warm-up at a very easy pace. Then 4 x 100meters at a medium pace with 90seconds rest between 100's, then 100meters easy warm-down. (700m total)			Week 3
Bike		40minute bike on flat roads and at an easy pace.				30minute bike at an easypace, in the morning and on flat roads.	50minute long bike on flat roads and at an easy pace.	
Run	25minute flat run at an easy pace.		25minute flat run at an easy pace.			35minute long flat run in the afternoon and at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 100meters warm-up at a very easy pace. Then 4 x 50meters at a medium pace with 60seconds rest between 50's, then 4 x 25meters at a medium pace with 45seconds rest between 25's. 100meters easy warm-down. (500m total)	DAY OFF	Swim 100meters warm-up at a very easy pace. Then 4 x 25meters kick with kick board at an easy pace with 60seconds between 25's. Rest 90 seconds then 1 x 200meters at a medium pace with 90seconds rest, then 100meters easy warm-down. (500m total)			Week 4
Bike		30minute bike on flat roads and at an easy pace.				30minute bike at an easypace, in the morning and on flat roads.	40minute long bike on flat roads and at an easy pace.	
Run			25minute flat run at an easy pace.			30minute long flat run in the afternoon and at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 100meters warm-up at a very easy pace. Then 2 x 50meters choice stroke at an easy pace with 45seconds rest then 2 x 100meters at a medium pace with 90seconds rest between 100's, then 100m easy warm-down. (500m total)		Swim 200meters warm-up at a very easy pace. Then 4 x 50meters at a medium pace with 45seconds rest between 50's, then 100meters easy warm-down. (500m total)	DAY OFF		Brick work-out: 300meters continuous swim at an easy pace, then immediately into a 30minute bike ride on flat roads and at an easy pace. Then a 20minute run at an easy pace immediately after the bike ride. This training day will prepare you for race day.		Week 5
Bike		45minute bike on hilly roads and at an easy pace.					1 hour long bike on flat roads and at an easy pace.	
Run	30minute run on flat and rolling hill roads at an easy pace.		40minute flat run at an easy pace.		30minute run on flat and rolling hill roads at an easy pace.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 250meters warm-up at a very easy pace. Then 2 x 25meters at a medium pace with 45seconds rest between 25's. Rest 60seconds then 4 x 100meters at a medium pace with 60seconds rest between 100's, then 4 x 50meters at a medium pace with 45seconds rest between 50's, then 100meters easy warm-down (1000m total)		Swim 200meters warm-up at a very easy pace. Then 4 x 25meters at a medium to hard pace with 75seconds rest between 25's. Rest 90seconds then 8 x 50meters at a medium pace with 60seconds rest between 50's, then 100meters at an easy pace, then 100 easy warm-down. (900m total)	DAY OFF		Brick work-out: 200meters continuous swim at an easy pace, then immediately into a 40minute bike on flat roads and at an easy pace. Then a 15minute run at an easy pace immediately after the bike ride.		Week 6
Bike		40minute bike on hilly roads and at an easy pace.					1 hour long bike on flat roads and at an easy pace.	
Run	35minute flat run at an easy pace.		40minute run on flat and rolling hill roads at an easy pace.		45minute run on flat and rolling hill roads at an easy pace.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 200meters warm-up at a very easy pace. Then 4 x 50meters at a medium pace with 30seconds rest between 50's, then 5 x 100meters at a edium pace with 60seconds rest between 100's, then 100meters easy warm-down. (1000m total)	DAY OFF		Brick work-out: 400meters continuous swim at an easy pace, then immediately into a 40minute bike on flat roads and at an easy pace, then a 20minute run at an easy pace, immediately after the bike ride.		Week 7
Bike		40minute bike on flat roads and at an easy pace.					40minute long bike on flat roads and at an easy pace.	
Run			40minute flat run at an easy pace.		35minute flat run at an easy pace.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meters warm-up at a very easy pace. Then 8 x 25meters at a medium pace with 35seconds rest between 25's, then 200meters easy warm-down. (600m total)	DAY OFF	Swim 200meters warm-up at a very easy pace. Then 2 x 25meters at a mediu pace with 30seconds rest between 25's, then 1 x 100meters at a medium pace with 90seconds rest , then 2 x 25meters at a medium pace with 30seconds rest between 25's, then 100meters easy warm-down. (500m total)	DAY OFF	Swim 200meters warm-up at a very easy pace. Then 2 x 50meters at a medium pace with 30seconds rest between 50's, then 100meters easy warm-down. (400m total)			Week 8
Bike			20minute bike on flat roads and at an easy pace.			10minute bike at an easypace, in the morning and on flat roads.		
Run	30minute flat run at an easy pace.		15minute flat run at an easy pace.			10minute long flat run in the afternoon and at an easy pace.	RACE DAY	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim		30minute easy pace – your choice of workout.	30minute easy pace – your choice of workout.	DAY OFF	DAY OFF	DAY OFF	DAY OFF	Week 9
Bike		30minute easy pace bike on flat roads.	30minute easy pace bike on flat roads.					
Run	20minute easy pace walk or light run.							