

## Sprint Triathlon Training Plan – 12 Weeks (Novice/Intermediate)

	<b>Week 1</b>	<b>Week 5</b>	<b>Week 9</b>
<b>Monday</b>	<b>Off</b>	<b>Off</b>	<b>Off</b>
<b>Tuesday</b>	Swim 10-15 min	Swim – 100/200/300	Swim 30 min (golf)
<b>Wednesday</b>	strength/lift Run 15-20 min	strength/lift Run 20 min (cadence)	strength/lift Run 30 min
<b>Thursday</b>	Bike 30 min	Bike 60 min – slow	Bike 45 min – pace
<b>Friday</b>	Swim 10-15 min	Swim 20 min	Swim 20 min
<b>Saturday</b>	strength/lift Run 20 min	strength/lift Run 30 min – slow	run 30 min (intervals)
<b>Sunday</b>	Bike 30-45 min	Bike 1:30 easy	Bike 1:15 run 10 min
	<b>Week 2</b>	<b>Week 6</b>	<b>Week 10</b>
<b>Monday</b>	<b>Off</b>	<b>Off</b>	<b>Off</b>
<b>Tuesday</b>	Swim 15 min	Swim 100/200/300/200	Swim 30 min (golf)
<b>Wednesday</b>	strength/lift Run 20-30 min	Run 15 min	Run 20 min (pace)
<b>Thursday</b>	Bike 45 min	Bike 30 min or off	Bike 30 min or off
<b>Friday</b>	Swim 15 min	Swim 20 min	Swim 20 min
<b>Saturday</b>	strength/lift Run 20-30 min	Run 30 min easy	<b>Off</b>
<b>Sunday</b>	Bike 45 min	Bike 45 min easy	Bike 1:30 Run 15 m
	<b>Week 3</b>	<b>Week 7</b>	<b>Week 11</b>
<b>Monday</b>	<b>Off</b>	<b>Off</b>	<b>Off</b>
<b>Tuesday</b>	Swim 15 min Strength/lift	Swim 100/200/300/200/100 Strength/lift-no legs	Swim 100/200/300/200/100
<b>Wednesday</b>	Run 30 min	Run 30 min	Run 30 min
<b>Thursday</b>	Bike 45	Bike 1 hour	Bike 1 hour
<b>Friday</b>	Swim 15-20 min Strength/lift	Swim 20 min Strength/no legs	Swim 20 min
<b>Saturday</b>	Run 30 min	Run 35 min	Bike 30 min or Off
<b>Sunday</b>	Bike 1 hour	Bike 1:30	Bike 1:00 Run 20 m
	<b>Week 4</b>	<b>Week 8</b>	<b>Week 12</b>
<b>Monday</b>	<b>Off</b>	<b>Off</b>	<b>Off</b>
<b>Tuesday</b>	Swim 15-20 min Strength/lift	Swim 30 min (golf) Strength/no legs	Swim 20 min
<b>Wednesday</b>	Run 30 min	Run 30 min	Run 10-20 min (pace)
<b>Thursday</b>	Bike 45 min	Bike 1 hour	Bike 30 min
<b>Friday</b>	Swim 15-20 min Strength/Lift	Swim 20 min Strength/no legs	Swim 20 min
<b>Saturday</b>	Run 30 min	Run 40 min	OFF
<b>Sunday</b>	Bike 1:15	Bike 2 hours	<b>RACE DAY!</b>