



Together we are  
beating cancer

# Triathlon training plan Sprint





# Triathlon training plan

## Sprint

### Training tips

- For threshold, continuous hills and interval sessions, start and finish with a 15-minute warm-up/cool-down.
- For faster swim sets, start and finish with a 4 x 25m or 2 x 50m easy warm-up/cool-down.
- If you're injured, very sore or it's unsafe to run, always substitute cross-training for running.
- If you have time, add a core-conditioning, Pilates or yoga class once or twice a week.
- Stretch daily for at least 10 minutes to aid flexibility and recovery.
- Refuel promptly: Eat within 20–30 minutes of finishing a run, swim or cycle to support recovery.
- Open-water practice: If your event is in open water, include some swims in a wetsuit during training.
- Safety first: Only swim in open water in supervised, safe environments.
- Race-pace discipline: In race-paced sessions, stick to your target pace – don't compromise or push too hard.
- Listen to your body: Tiredness always builds up, so prioritise rest when needed.



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## Sprint

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>Rest or swim:</b> 15 min freestyle easy with 3 x (5 min, 2 min recovery)	<b>Run:</b> 20–30 min easy conversational pace (add 1 min walk every 5 min if needed)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 4 x (25m easy warm-up), 6 x (50m steady, 10–15 sec recovery), 4 x 25m easy cool-down	<b>Rest</b>	<b>Bike:</b> 30–45 min easy	<b>Run:</b> 30 min easy (add 1 min walk every 5 min if needed)
<b>2</b>	<b>Rest or swim:</b> 20 min freestyle easy with 4 x (5 min, 2 min recovery)	<b>Run:</b> 30 min with 3 x (4 min threshold, 2–3 min jog/walk recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 4 x (25m easy warm-up), 8 x (50m steady, 10–15 sec recovery), 4 x (25m easy cool-down)	<b>Rest</b>	<b>Bike:</b> 45 min–1 hr easy	<b>Run:</b> 30 min easy with 3 x (4 min threshold, 2–3 min jog/walk recovery)
<b>3</b>	<b>Rest or swim:</b> 20 min freestyle easy with 4 x (5 min, 1 min recovery)	<b>Run:</b> 30 min with 3 x (5 min threshold, 2 min jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 4 x (25m easy warm-up), 8 x (50m steady, 10–15 sec recovery), 30 sec recovery, 50m fast, 4 x (25m easy cool-down)	<b>Rest</b>	<b>Bike:</b> 1 hr–1 hr 15 min easy	<b>Run:</b> 30–40 min easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b>	<b>Rest or swim:</b> 30 min freestyle easy with 3 x (10 min, 2–3 min recovery)	<b>Run:</b> 30 min with 4 x (5 min threshold, 2 min jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 4 x (25m easy warm-up), 8 x (50m steady, 10–15 sec recovery), 30 sec recovery, 100m fast, 4 x (25m easy cool-down) <b>PM</b> <b>Rest or run:</b> 20 min easy	<b>Rest</b>	<b>Bike:</b> 1 hr 15–1 hr 30 min easy	<b>Run:</b> 40 min easy
<b>5</b>	<b>Rest or swim:</b> 30 min freestyle easy with 3 x (10 min, 1 min 30 sec recovery)	<b>Run:</b> 30 min easy	<b>Core</b>	<b>AM</b> <b>Swim:</b> 30 min as far as you can while maintaining control	<b>Rest</b>	<b>Parkrun or self-timed 5k</b>	<b>Bike:</b> 1 hr 30 min easy
<b>6</b>	<b>Rest or swim:</b> 30 min freestyle easy with 2 x (15 min, 2–3 min recovery)	<b>Brick session bike:</b> 30 min easy, last 10 min threshold <b>Run:</b> 3–4 x (3 min threshold, 1 min 30 sec jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 2 x (50m easy warm-up, 30 sec recovery), 8 x (75m steady, 30 sec recovery), 100m fast recording time, 4 x (25m easy cool-down) <b>PM</b> <b>Rest or run:</b> 20 min easy	<b>Rest</b>	<b>Bike:</b> 1 hr 30 min easy	<b>Run:</b> 45 min easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7</b>	<b>Rest or swim:</b> 30 min easy	<b>Run:</b> 5 x (5 min threshold, 2 min jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 2 x (50m easy warm-up), 5 x (100m steady, 30 sec recovery), 4 x 25m easy cool-down <b>PM</b> <b>Rest or run:</b> 30 min	<b>Rest</b>	<b>Bike:</b> 1 hr 30 min easy	<b>Run:</b> 45 min with 15 min easy, 15 min steady, 15 min threshold
<b>8</b>	<b>Rest or swim:</b> 30 min easy	<b>Brick session bike:</b> 40 min easy, last 20 min race pace <b>Run:</b> 5 x (3 min threshold, 1 min 30 sec jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 4 x (25m easy warm-up, 30 sec recovery), 3 x (200m steady, 30 sec recovery), 4 x (25m easy cool-down) <b>PM</b> <b>Rest or run:</b> 30 min easy	<b>Rest</b>	<b>Bike:</b> 1 hr 30–2 hr easy	<b>Run:</b> 50 min easy
<b>9</b>	<b>Rest or swim:</b> 40 min easy with 2 x (20 min, 2–3 min recovery)	<b>PM</b> <b>Run:</b> 5 x (5 min threshold, 1 min 30 sec jog recovery)	<b>Core</b>	<b>AM</b> <b>Swim:</b> 30 min as far as you can while maintaining control <b>PM</b> <b>Rest or run:</b> 30 min easy	<b>Rest</b>	<b>Bike:</b> 2 hr easy	<b>Run:</b> 50 min–1 hr easy

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<b>10</b>	<b>Rest or swim:</b> 40 min easy	<b>Brick session bike:</b> 40 min easy, last 20 min race pace  <b>Run:</b> 4 x (5 min threshold, 1 min 30 sec jog recovery)	<b>Core</b>	<b>AM Swim:</b> 2 x (50m easy warm-up), 8 x (100m race pace, 20–30 sec recovery), 30 sec recovery, 2 x (50m cool-down)  <b>PM Rest or run:</b> 30 min easy	<b>Rest</b>	<b>Parkrun or self-timed 5k with easy run after:</b> 20 min	<b>Bike:</b> 2 hr easy
<b>11</b>	<b>Rest, core or swim:</b> 30 min easy	<b>PM Run:</b> 45 min with 5 x (5 min threshold, 2 min jog recovery)	<b>Core</b>	<b>AM Rest or swim:</b> 30 min freestyle easy  <b>PM Run:</b> 30 min with 10 min easy, 10 min steady, 10 min threshold	<b>Rest</b>	<b>Bike:</b> 1 hr 30 min easy	<b>Run:</b> 45 min–1 hr easy
<b>12</b>	<b>Rest or swim:</b> 20 min	<b>PM Run:</b> 20–30 min easy	<b>Core</b>	<b>Swim:</b> 20 min freestyle easy	<b>Rest</b>	<b>Stretch and run:</b> 15 min easy	<b>Race day – good luck!</b>