



Sprint Triathlon

Training Plan

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MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Swim 15 mins freestyle, easy effort, 3×5 mins with 2 min recovery or/. Rest	Run 20–30 mins easy effort (including short 1 min walk recovery every 5 mins if required)	Rest + Core	AM: Swim 4×25m easy warm up + 6×50m steady effort with 10–15 sec recovery + 4×25m easy cool down	Rest	Bike 30–45 mins easy effort	Run 30 mins easy effort (try to run continuously but add 1 min walks every 5 mins if required)
2	Swim 20 mins freestyle, easy effort, 4×5 mins with 2 min recovery or/. Rest	Run 30 mins continuous at conversational, easy pace	Rest + Core	AM: Swim 4×25m easy warm up + 8×50m steady effort with 10–15 sec recovery + 4×25m easy cool down	Rest	Bike 45–60 mins easy effort	Run 30 mins easy effort as per Tuesday
3	Swim 20 mins freestyle easy effort, 4×5 mins with 60 sec recovery or/. Rest	Run 30 mins (including 3×4 mins at threshold effort with 2–3 min walk/jog recovery)	Rest + Core	AM: Swim 4×25m easy warm up + 8×50m steady effort with 10–15 secs recovery + 30 sec recovery + 50m fast + 4×25m easy cool down	Rest	Bike 60–75 mins easy effort	Run 30–40 mins easy effort
4	Swim 30 mins freestyle, easy effort, 3×10 mins with 2–3 mins recovery or/. Rest	Run 4×5mins at threshold effort, 2 min jog recovery – all built into 30 mins running	Rest + Core	AM: Swim 4×25m easy warm up + 8×50m steady effort with 10–15 sec recovery + 30 sec recovery + 100m fast recording time + 4×25m easy cool down PM: Run 20 min easy effort or rest	Rest	Bike 75–90 mins easy effort	Run 40 mins easy effort
5	Swim 30 mins freestyle, easy effort, 3×10 mins with 90 sec recovery or/. Rest	Run 30 mins easy effort	Rest + Core	AM: Swim 30 mins, go as far as you can whilst maintaining control	Rest	5k local park run or GPS time trial – Good luck!	Bike 90 mins easy effort

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	<p>Swim 30 mins easy effort, 2x15 mins with 2-3 min recovery or/. Rest</p>	<p>Brick Session Bike: 30 mins easy effort, with last 10 mins at threshold effort + Run: 3-4x3 mins at threshold effort with 90 sec jog recovery</p>	<p>Rest + Core</p>	<p>AM: Swim 2x50m easy effort warm up + 8x75m steady effort with 30 sec recovery + 30 sec recovery + 100m fast recording time + 4x25m easy cool down PM: Run 20 mins easy effort or rest</p>	<p>Rest</p>	<p>Bike 90 mins easy effort</p>	<p>Run 45 mins easy effort</p>
7	<p>Swim 30 mins easy effort or/. Rest</p>	<p>PM: Run 5x5 mins at threshold effort with 2 min recovery</p>	<p>Rest + Core</p>	<p>AM: Swim 2x50m easy effort warm up + 5x100m steady effort with 30 sec recovery + 4x25 easy cool down PM: Run 30 mins easy effort or rest</p>	<p>Rest</p>	<p>Bike 90 mins easy effort</p>	<p>Run 45 mins with 15 mins very easy effort, 15 mins steady effort, and last 15 mins at threshold effort</p>
8	<p>Swim 30 mins easy effort or/. Rest</p>	<p>Brick Session Bike: 40 min easy effort with last 20 at race pace + Run: 5x3 mins at threshold effort with 90 sec jog recovery</p>	<p>Rest + Core</p>	<p>AM: Swim 4x25m easy effort warm up + 3x200m steady effort with 30 sec recovery + 4x25 easy cool down PM: Run 30 mins easy effort or rest</p>	<p>Rest</p>	<p>Bike 90-120 mins easy effort</p>	<p>Run 50 mins easy effort</p>
9	<p>Swim 40 mins easy effort, 2x20 mins with 2-3 min recovery or/. Rest</p>	<p>PM: Run 5x5 mins at threshold effort with 90 sec recovery</p>	<p>Rest + Core</p>	<p>AM: Swim 30 mins, go as far as you can whilst maintaining control PM: Run 30 mins easy effort or rest</p>	<p>Rest</p>	<p>Bike 120 mins easy effort</p>	<p>Run 50-60 mins easy effort</p>

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10	Swim 40 mins easy effort or/. Rest	Brick Session Bike: 40 mins easy effort with last 20 at race effort + Run: 4x5 mins at threshold effort with 90 sec jog recovery	Rest + Core	AM: Swim 2x50m easy warm up + 8x100m at race pace with 20-30 secs recovery between sets + 2x50m cool down PM: Run 30 mins easy effort or rest	Rest	Run 5k local park run or GPS time trial – good luck! Add 20 min run after, easy effort	Bike 2 hrs easy effort
11	Swim 30 mins easy effort or/. Rest	PM: Run 5x5 mins at threshold effort with 2 min recovery within 45 min run	Rest + Core	AM: Swim 30 min freestyle continuous easy effort or rest PM: Run Continuous progression run 10 mins easy, 10 mins steady, 10 mins at threshold effort	Rest	Bike 90 mins, all conversational effort	Run 45-60 mins relaxed effort
12	Swim 20 mins easy effort or/. Rest	Run 20-30 mins easy effort	Rest + Core	AM: Swim 20 min freestyle continuous easy effort	Rest	Run 15 min easy run and stretch	Race Day. Good luck!

Note:

- Please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions.
- Please do a 4x25m or 2x50m easy warm up and cool down around faster swim sets.
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add a core conditioning, Pilates or Yoga class once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run, swim or cycle.
- If your swim is in open water please practice some of your swims in a wetsuit. Only swim open water in training in supervised and safe environments.
- Always train at your target pace in race paced sessions, don't compromise or run too hard. Tiredness always catches up so take extra rest if required.