

Advanced Sprint-Triathlon Training Program

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Swim <i>Endurance</i> Total: 800yd (55-70%) Weights session	Bike <i>Intervals</i> 8x3mins with 2 mins recovery (80:50-60%) Or Spinning class	Run <i>Endurance</i> Total: 4mil (55-70%)	Off	Swim <i>Intervals</i> 10x4lengths 1min rest (80%) Weights, pilates or yoga	Bike <i>Endurance</i> Total: 15mil (55-70%)	Run <i>Intervals</i> 8x400m* (80%)
2	Swim <i>Endurance</i> Total: 850 (55-70%) Weights session	Bike <i>Intervals</i> 10x3mins with 2mins recovery (80:50-60%) Or Spinning class	Run <i>Endurance</i> Total: 4.5mil (55-70%)	Off	Swim <i>Intervals</i> 8x4lengths 1min rest (80%) 3x2lengths*** (90:50-60%) Weights, pilates or yoga	Bike <i>Endurance</i> Total: 17mil (55-70%)	Run <i>Intervals</i> 6x400m* 2x200m* (80%)
3	Swim <i>Endurance</i> Total: 850yd (55-70%) Weights session	Bike <i>Intervals</i> 8x4mins with 2 mins recovery (80%:50-60%) Or Spinning class	Run <i>Endurance</i> Total: 5mil (55-70%)	Off	Swim <i>Intervals</i> 6x6lengths 2min rest (80%) 3x2lengths*** (90:50-60%) Weights, pilates or yoga	Bike <i>Endurance</i> Total: 18mil (55-70%)	Brick Bike: Total:6mil (60-75%) Run: Total:2.5mil (60-75%)
4	Swim <i>Endurance</i> Total: 900yd (55-70%) Weights session	Bike <i>Intervals</i> 10x3mins with 1 min recovery (80%:50-60%) Or Spinning class	Run <i>Endurance</i> Total: 5mil (55-70%)	Off	Swim <i>Intervals</i> 4x6 lengths 2min rest (80%) 4x4 lengths 1 min rest (80%) Weights, pilates or yoga	Run <i>Intervals</i> 5x400m* 2x200m* 3x100m** (80%)	Brick Bike: Total:10mil (60-75%) Run: Total:2mil (60-75%)

5	Swim <i>Endurance</i> Total: 950yd (55-70%) Weights session	Bike <i>Intervals</i> 7x5mins with 2mins recovery (80%:50-60%) Or Spinning class	Run <i>Endurance</i> Total: 5.5mil (55-70%)	Off	Swim <i>Intervals</i> 3x6lengths 2min rest (80%) 3x4lengths 1min rest (80%) 4x2lengths*** (90:50-60%) Weights, pilates or yoga	Bike <i>Endurance</i> Total: 20mil (55-70%)	Run <i>Intervals</i> 6x400m* 3x200m* 2x100m** (80%)
6	Swim <i>Endurance</i> Total: 1000yd (55-70%) Weights session	Bike <i>Endurance</i> Total:22mil (55-70%)	Run <i>Endurance</i> Total: 6mil (55-70%)	Off	Swim <i>Intervals</i> 3x6lengths 2min rest (80%) 4x4lengths 1min rest (80%) 5x2lengths*** (90:50-60%) Weights, pilates or yoga	Run <i>Intervals</i> 8x400m* 2x200m* (80%)	Brick Bike: Total:8mil (60-75%) Run: Total: 2.5mil (60-75%)
7	Swim 600yd (55-70%) Stretching	Run 3mil (55-70%)	Bike 12mil (55-70%)	Swim 600yd (55-70%) Stretching	Off	Brick Bike: 15mins (50-60%) Run: 15mins (50-60%)	RACE

* recover by walking for 200m

** recover by walking for 100m

*** 1 length recovery

(%) = intensity - Heart Rate or Perceived Exertion

Weights Session

2 sets of 12-15reps:

- 1.Chest press
- 2.Lat pull down
- 3.Pectoral flys
- 4.Seated low row
- 5.Shoulder press

- 6.Bicep curls
- 7.Lateral raise
- 8.Close-grip triceps press
- 9.Sit-up crunches
- 10.Leg raises

- 11.Oblique crunches
- 12.Bodyweight squats
- 13.Leg press
- 14.Adductor and Abductor or lunges