



Sprint Triathlon Training Program - Intermediate / Advanced

Date	Swim	Bike	Run
W1			
Mon	----- warm-up 25 swim 25 kick 8 x 25's swim 5 sec. rest bet ea.200 yds 50 real easy50 yds Total300 yds	---	-----
Tue			3 miles
Wed		8 miles	
Thur	warm-up 25 swim 25 kick 4 x 50's swim 10 sec. rest between ea.200 yds 100 swim down real easy.....50 yds Total300 yds		2 miles
Fri			
Sat			3 miles
Sun		10 miles	
W2			
Mon	----- warm-up 25 swim 25 kick 8 x 25's swim 5 sec. rest bet ea.200 yds 50 real easy50 yds Total300 yds	---	-----
Tue			3 miles
Wed		10 miles	
Thur	warm-up 50 yds swim 50 kick 12 x 25's swim sec. rest bet ea.300 yds 150 real easy150 yds Total500 yds		3 miles
Fri		8 miles	
Sat			4 miles
Sun		10 miles	



Date	Swim	Bike	Run
W3			
Mon	----- warm-up 50 yds swim 50 kick 6 x 50's swim 10 sec. rest between ea.300 yds 100 swim down real easy100 yds Total500 yds	---	-----
Tue			3.5 miles
Wed		10 miles	
Thur	warm-up 50 yds swim 50 kick 12 x 25's swim sec. rest bet ea.300 yds 150 real easy150 yds Total500 yds		3 miles
Fri		10 miles	
Sat			5 miles
Sun		12 miles	
W4			
Mon	----- warm-up 25 swim 25 kick 4 x 50's swim 10 sec. rest between ea.200 yds 100 swim down real easy.....50 yds Total300 yds	---	-----
Tue			3 miles
Wed		8 miles	
Thur	warm-up 25 swim 25 kick 8 x 25's swim 5 sec. rest bet ea.200 yds 50 real easy50 yds Total300 yds		3 miles
Fri		8 miles	
Sat			3 miles
Sun		10 miles	



Date	Swim	Bike	Run
W5			
Mon	-----	---	-----
Tue	warm-up 50 yds swim 50 kick 12 x 25's swim sec. rest bet ea.300 yds 150 real easy150 yds Total500 yds		4 miles
Wed		10 miles	
Thur	warm-up 100 swim easy 50 kick easy 50 swim easy 16 x 25's swim 5 sec. rest between ea.400 yds 200 swim down real easy150 yds Total750 yds		3 miles
Fri		10 miles	
Sat			5 miles
Sun		15 miles	
W6			
Mon	-----	---	-----
Tue	warm-up 100 swim easy 50 kick easy 50 swim easy 8 x 50's swim 10 sec. rest between ea.....400 yds 200 swim down real easy150 yds Total750 yds		4 miles
Wed		15 miles	
Thur	warm-up 100 swim easy 50 kick easy 50 swim easy 16 x 25's swim 5 sec. rest between ea.400 yds 200 swim down real easy150 yds Total750 yds		3 miles
Fri		10 miles	
Sat			6 miles
Sun		15 miles	



Date	Swim	Bike	Run
W7			
Mon	----- warm-up	---	-----
Tue	100 swim easy 50 kick easy 50 swim easy 8 x 50's swim 10 sec. rest between ea.....400 yds 200 swim down real easy150 yds Total750 yds		4 miles
Wed	warm-up	15 miles	
Thur	150 swim easy 100 kick easy 50 swim easy 20 x 25's swim 5 sec. rest between ea.500 yds 200 swim down real easy200 yds Total1000 yds		3.5 miles
Fri		10 miles	
Sat			6 miles
Sun		20 miles	
W8	Taper Week	Taper Week	Taper Week
Mon	----- warm-up 50 yds swim 50 kick	---	-----
Tue	12 x 25's swim sec. rest bet ea.300 yds 150 real easy150 yds Total500 yds		3 miles p.m
Wed	warm-up 50 yds swim 50 kick	10 miles	
Thur	6 x 50's swim 10 sec. rest between ea.300 yds 100 swim down real easy100 yds Total500 yds		3 miles p.m
Fri		10 miles	
Sat			
Sun	Race Day	Race Day	Race Day



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