

BEGINNER 12-WEEK TRAINING PLAN

Training for your first sprint triathlon on 4-6hrs a week? Then follow our 12-week plan and the sessions outlined below to help power you to the finish line this season...

BEGINNER PLAN			
	Day 1	Day 2	Day 3
Week 1	Swim. Stroke 30mins Strength session. 30mins	Check your run shoes and kit Strength session. 30mins	Bike. 40mins
Week 2	Swim. Technique 30mins Strength session. 30mins	Run. 30mins Strength session. 30mins	Bike. 50mins
Week 3	Swim. Technique 40mins Strength session. 30mins	Run. 35mins Strength session. 30mins	Bike. 60mins
Week 4	Swim. Race distance non-stop Strength session. 30mins	Run. Race distance non-stop at an easy pace Strength session. 30mins	Bike. Race distance non-stop at an easy pace
Week 5	Swim. Technique 30mins and intervals 10mins Strength session. 30mins	Run. 30mins. Include 5 x 20secs hill strides and 30secs easy Strength session. 30mins	Bike. 50mins, spend time on drops or in aero position
Week 6	Swim. Technique 30mins and intervals 15mins Strength session. 30mins	Run. 30mins. Include 10 x 20secs hill strides and 30secs easy Strength session. 30mins	Bike. 60mins, spend time on drops or in aero position
Week 7	Swim. Technique 30mins and intervals 20mins Strength session. 30mins	Run. 30mins. Include 8 x 30secs hard with 30secs easy Strength session. 30mins	Bike. 70mins, spend time on drops or in aero position
Week 8	Swim. Race distance non-stop Strength session. 30mins	Run. Race distance non-stop at an easy pace Strength session. 30mins	Bike. Race distance non-stop at an easy pace
Week 9	Swim. Technique 20mins and intervals 25mins Strength session. 30mins	Run. 30mins. Include 10 x 30secs hill strides and 30secs easy Strength session. 30mins	Bike/run brick. 60mins bike and 5mins run off the bike
Week 10	Swim. Technique 25mins and intervals 25mins Strength session. 30mins	Run. 30mins. Include 10 x 30secs hill strides and 30secs easy Strength session. 30mins	Bike/run brick. 60mins bike and 10mins run off the bike
Week 11	Swim. Technique 30mins and intervals 30mins Strength session. 30mins	Run. 40mins. Include 10 x 30secs hill strides and 30secs easy Strength session. 30mins	Bike. 60mins and 10mins run off the bike
Week 12	Swim. 200m warm-up; 6 x 50m (25m hard/25m easy) + 30secs rest between; 200m cool down Strength session. 30mins	Run. 15mins including middle 5mins at goal race pace Bike. 20mins to check bike. Include middle 5mins at goal race intensity	RACE DAY.