Dragon Trails 2026

20-Week Sprint Triathlon Training Guide

ORION PARKS

The best training programs are personalized to individual athletes. ***This training guide is designed for individuals who are generally active and ideally capable of completing at least 30-45 minutes of sustained aerobic activity.*** *Athletes are encouraged to modify according to their own fitness levels and goals.*

WEEK 1 (4/27-5/3)
Day 1: Run – 30 minutes
- 5-minute warmup
- 2 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training
Day 3: Run – 40 minutes (comfortable pace)
Day 4: Core & Mobility + 30–45 minutes Low-impact Cardio
Day 5: Resistance Training
Day 6: Run – 50 minutes (comfortable pace, minimize walking)
Day 7: Rest

WEEK 2 (5/4-5/10)
Day 1: Run – 35 minutes
-5-minute warmup
-3 minutes strong effort / 2 minutes easy (repeat 5 times)
-5-minute cooldown
Day 2: Resistance Training
Day 3: Run – 40 minutes (comfortable pace)
Day 4: Core & Mobility + 30–45 minutesLow-impact Cardio
Day 5: Resistance Training
Day 6: Run – 45 minutes (comfortable pace, minimize walking)
Day 7: Rest

WEEK 3 (5/11-5/17)
Day 1: Run – 20–30 minutes (comfortable pace)
Day 2: Resistance Training
Day 3: Run – 15–20 minutes easy + 4–5 short pickups (20–30 seconds slightly faster, full recovery)
Day 4: Core & Mobility + 30–45 minutes Low-impact Cardio
Day 5: Resistance Training
Day 6: Rest
Day 7: **DRAGON DASH 5K**

WEEK 4 (5/18-5/24)
Day 1: Run – 30 minutes
- 5-minute warmup
- 2 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training
Day 3: Bike or Run – 40 minutes
Day 4: 20-minute swim
Day 5: Resistance Training
Day 6: Run – 45 minutes (comfortable pace, minimize walking)
Day 7: Rest

WEEK 5 (5/25-5/31)
Day 1: Run – 35 minutes
- 5-minute warmup
- 3 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training
Bike or Run – 40 minutes
Day 4: 25-minute Swim
Day 5: Resistance Training
Day 6: Run – 45 minutes (comfortable pace, minimize walking)
Day 7: Rest

WEEK 6 (6/1-6/7)
Day 1: Run – 35 minutes
- 5-minute warmup
- 3 minutes strong effort / 2 minutes easy (repeat 5 times)
- 5-minute cooldown

Day 2: Resistance Training
Day 3: Bike or Run – 40 minutes
Day 4: 30-minute Swim
Day 5: Resistance Training
Day 6: Run – 45 minutes (comfortable pace, minimize walking)
Day 7: Rest

WEEK 7 (6/8-6/14)
Day 1: Run – 40 minutes
- 5-minute warmup
- 3 minutes strong effort / 2 minutes easy (repeat 6 times)
- 5-minute cooldown

Day 2: Resistance Training
Day 3: 30-min Swim
Day 4: Run – 40 minutes
Day 5: Resistance Training
Day 6: Bike – 60 minutes
Day 7: Rest

WEEK 8 (6/15-6/21)
Day 1: Athlete choice: 60 min Swim, Bike, or Run (or combo!)
Day 2: Resistance Training
Day 3: Bike 45 minutes
Day 4: Run 45 minutes
Day 5: Resistance Training
Day 6: Swim 30 minutes
Day 7: Rest

WEEK 9 (6/22-6/28)
Day 1: Swim 30 minutes
Day 2: Resistance Training
Day 3: Bike 45 minutes
Day 4: Run 45 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 60 min Swim, Bike, or Run (or combo!)
Day 7: Rest

WEEK 10 (6/29-7/5)
Day 1: Swim 40 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 70 min Swim, Bike, or Run (or combo!)
Day 7: Rest

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WEEK 11(7/6-7/12)
Day 1: Swim 45 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 80 min Swim, Bike, or Run (or combo!)
Day 7: Rest

WEEK 12 (7/13-7/19)
Day 1: Swim 50 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: BRICK - 30-min Swim, 60-min Bike
Day 7: Rest

WEEK 13 (7/20-7/26)
Day 1: Swim 55 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: BRICK - 30-min Swim, 60-min Bike
Day 7: Rest

WEEK 14 (7/27-8/2)
Day 1: Swim 60 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: BRICK - 60-min Swim, 30-min Run
Day 7: Rest

WEEK 15 (8/3-8/9)
Day 1: Swim 45 minutes
Day 2: Resistance Training
Day 3: Bike 60 minutes
Day 4: Run 60 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 60-min Swim, Bike, or Run (or combo!)
Day 7: Rest

WEEK 16 (8/10-8/16)
Day 1: Swim 45 minutes + Bike 45 minutes
Day 2: Resistance Training
Day 3: Swim 45 minutes
Day 4: Bike 60 minutes + Run 30 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 90-min Swim, Bike, or Run (or combo!)
Day 7: Rest

WEEK 17 (8/17-8/23)
Day 1: Swim 45 minutes + Bike 45 minutes
Day 2: Resistance Training
Day 3: Swim 45 minutes
Day 4: Bike 60 minutes + Run 30 minutes
Day 5: Resistance Training
Day 6: Athlete choice: 90-min Swim, Bike, or Run (or combo!)
Day 7: Rest

WEEK 18 (8/24-8/30)
Day 1: 60-min Swim
Day 2: Resistance Training
Day 3: 60-min Bike
Day 4: 60-min Run
Day 5: Resistance Training
Day 6: Full course preview
Day 7: Rest

WEEK 19 (8/31-9/6)
Day 1: 45-min Swim
Day 2: Resistance Training
Day 3: 45-min Bike
Day 4: 45-min Run
Day 5: Resistance Training
Day 6: 60-min EASY Run, Bike, or Swim
Day 7: Rest

WEEK 20 (9/7-9/13)
Day 1: 20-min Swim
Day 2: Gentle Resistance Training
Day 3: 30-min Easy Bike
Day 4: 30-min Easy Run
Day 5: Gentle Resistance Training
Day 6: Rest or shakeout
Day 7: RACE

Notes

- Weeks include day numbers instead of specific days (Monday, Tuesday, etc.) as athletes are encouraged to do the workouts on days that work best for them.
- As stated on page 1, this guide can be modified for athletes' current fitness level. This might mean abbreviating or eliminating some of the workouts.
- Pacing and effort cues fade as this plan progresses, due to the fact that this guide focuses on the strength and endurance required to complete the specific event. Athletes with more intermediate racing or time goals are strongly encouraged to consult a coach and/or attend some of our scheduled group workouts.
- For resistance training, aim for at least 20-minutes, selecting 3-5 exercises that challenge all major muscle groups.