



12 Week Sprint Training Plan

Week 1

Monday: Day Off – Take the day off, including as much time off your feet as possible. Spend time preparing meals, arranging work, and spending time with family to prepare for a successful training schedule ahead.

Tuesday: 30-Minute Swim Test

- WU – 5-10 minute easy swim
- MS – Swim 15 minutes max distance...taking breaks if/as needed
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Run Test

- WU – 10 minutes easy walk / jog
- MS – Run / walk 30 minutes maximum distance
- CD – 5 minutes easy walk

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 45-Minute Bike Test

- WU – Ride 10 minutes easy
- MS – Ride 30 minutes maximum distance
- CD – Ride 5 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 2

Monday: Day Off

Tuesday: 25-Minute Build Swim

- WU – 5 minute easy swim
- MS – 4x3 minutes TP (test pace), with 1 minute RI (Recovery Interval)
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Build Run

- WU – 10 minutes easy walk / jog
- MS – 4x4 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – 8 minutes easy walk

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 60-Minute Build Bike

- WU – Ride 12 minutes easy
- MS – 4x8 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – Ride 10 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 3

Monday: Day Off

Tuesday: 30-Minute Build Swim

- WU – 5 minute easy swim
- MS – 4x4 minutes TP (test pace), with 1 minute RI (Recovery Interval)
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Build Run

- WU – 10 minutes easy walk / jog
- MS – 4x5 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – 8 minutes easy walk

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 60-Minute Build Bike

- WU – Ride 12 minutes easy
- MS – 4x9 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval).
Then run 5 minutes gradually building to TP.
- CD – Ride 10 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 4

Monday: Day Off

Tuesday: 20-Minute Easy Swim – Swim easy, taking breaks needed

Wednesday: Day Off

Thursday: 45-Minute Easy Bike – Ride easy / conversational, and use and easy gear with a high cadence

Friday: Day Off

Saturday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed

Sunday: Day Off



12 Week Sprint Training Plan

Week 5

Monday: Day Off

Tuesday: 30-Minute Swim Test

- WU – 5-10 minute easy swim
- MS – Swim 15 minutes max distance...taking breaks if/as needed
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Run Test

- WU – 10 minutes easy walk / jog
- MS – Run / walk 30 minutes maximum distance
- CD – 5 minutes easy walk

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 45-Minute Bike Test

- WU – Ride 10 minutes easy
- MS – Ride 30 minutes maximum distance
- CD – Ride 5 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 6

Monday: Day Off

Tuesday: 30-Minute Build Swim

- WU – 5 minutes easy swim
- MS – 4x4 minutes TP (test pace), with 1 minute RI (Recovery Interval)
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Build Run

- WU – 10 minutes easy walk / jog
- MS – 4x5 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – 8 minutes easy walk / jog

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 60-Minute Build Bike

- WU – Ride 12 minutes easy
- MS – 4x9 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – Ride 10 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 7

Monday: Day Off

Tuesday: 35-Minute Build Swim

- WU – 5 minute easy swim
- MS – 4x5 minutes TP (test pace), with 1 minute RI (Recovery Interval)
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 50-Minute Build Run

- WU – 10 minutes easy walk / jog
- MS – 4x6 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval)
- CD – 8 minutes easy walk / jog

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 65-Minute Build Bike

- WU – Ride 12 minutes easy
- MS – 4x10 minutes TP (Test Pace), with 2 minutes RI (Recovery Interval).
Then run 8 minutes gradually building to TP.
- CD – Ride 10 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 8

Monday: Day Off

Tuesday: 20-Minute Easy Swim – Swim easy, taking breaks needed

Wednesday: Day Off

Thursday: 45-Minute Easy Bike – Ride easy / conversational, and use and easy gear with a high cadence

Friday: Day Off

Saturday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed

Sunday: Day Off



12 Week Sprint Training Plan

Week 9

Monday: Day Off

Tuesday: 30-Minute Swim Test

- WU – 5-10 minute easy swim
- MS – Swim 15 minutes max distance...taking breaks if/as needed
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Run Test

- WU – 10 minutes easy walk / jog
- MS – Run / walk 30 minutes maximum distance
- CD – 5 minutes easy walk

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 45-Minute Bike Test

- WU – Ride 10 minutes easy
- MS – Ride 30 minutes maximum distance
- CD – Ride 5 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 10

Monday: Day Off

Tuesday: 35-Minute Build Swim

- WU – 5 minute easy swim
- MS – 4x5 minutes TP (test pace), with :30 second RI (Recovery Interval)
- CD – 5 minutes easy swim

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 45-Minute Build Run

- WU – 10 minutes easy walk / jog
- MS – 4x6 minutes TP (Test Pace), with 1 minutes RI (Recovery Interval)
- CD – 8 minutes easy walk / jog

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 65-Minute Build Bike

- WU – Ride 12 minutes easy
- MS – 4x10 minutes TP (Test Pace), with 1 minutes RI (Recovery Interval).
Then run 10 minutes gradually building up to TP.
- CD – Ride 10 minutes easy

Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 11

Monday: Day Off

Tuesday: 25-Minute Peak Swim

- WU – 5 minute easy swim
- MS – Swim 75% of goal distance (300 yards) at goal race pace. Take breaks as needed.

Wednesday: 45 -Minute Easy Bike – Ride easy / conversational, and use an easy gear with a high cadence.

Thursday: 30-Minute Peak Run

- WU – 5 minutes easy walk / jog
- MS – 50% of goal distance (1.55 miles) at goal race pace.
- CD – 5 minutes easy walk / jog

Friday: 20-Minute Easy Swim – Swim easy, taking breaks as needed

Saturday: 45-Minute Peak Bike

- WU – Ride 5 minutes easy
- MS – bike 75% of goal race distance (9 miles) at goal race pace alternating 10 minutes 'on', 5 minutes 'easy'
- CD – Ride 5 minutes easy
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Sunday: 30-Minute Easy Run – Run / walk easy (conversational), taking breaks as needed



12 Week Sprint Training Plan

Week 12 - Race Week!

Monday: Day Off

Tuesday: 20-Minute Taper Run – Run 33% of goal distance (1.1 mile) at goal race pace alternating run 4 minutes / brisk walk 1 minute

Wednesday: 30-Minute Taper Bike – Ride 50% of goal race distance (6 miles) at goal race pace alternating 10 minutes 'on', 5 minutes 'easy'

Thursday: 15-Minute Taper Swim – Swim 50% of goal race distance (200 yards) at goal race pace, taking breaks as needed.

Friday: Day Off

Saturday: Day Off

Sunday: RACE DAY!!

- Arrive early
- Trust your training
- Have fun!