

Sprint Triathlon Training Program (Advanced)

Week	Session	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total Time
		Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	
1	#1	Off		Swim E	0:20	Bike	0:35	Swim E	0:25	Swim E	0:20	Bike TT test	0:40	Run E	0:30	3:30
	#2			Run E	0:20					Run E	0:20					
2	#1	Off		Swim E	0:20	Bike	0:40	Swim E	0:20	Swim E	0:20	Bike	0:45	Run TT test	0:35	3:45
	#2			Run E	0:20					Run E	0:25					
3	#1	Off		Swim E	0:25	Bike S	0:40	Swim E	0:20	Run E	0:25	Run E	0:40	Bike E	0:50	4:00
	#2			Run E	0:20									Swim E	0:20	
4 (unload)	#1	Off		Swim E	0:20	Bike S	0:35	Swim E	0:20	Run S	0:20	Off		Bike E	0:45	3:30
	#2			Run E	0:20			Run E	0:30					Swim E	0:20	
5	#1	Off		Swim E	0:25	Bike S	0:40	Run E	0:40	Swim E	0:25	Run S	0:20	Bike E	0:50	4:20
	#2			Run E	0:25			Swim E	0:20					t - Run E	0:15	
6	#1	Off		Swim S	0:25	Bike S	0:45	Run S	0:40	Swim E	0:25	Run E	0:30	Bike E	0:55	4:40
	#2			Run E	0:25			Run S	0:20					t - Run E	0:15	
7	#1	Off		Swim S	0:30	Bike S	0:45	Swim E	0:25	Swim S	0:30	Run E	0:45	Bike E	1:00	5:00
	#2			Run E	0:25			Run S (5 min T)	0:20					t - Run E	0:20	
8 (unload)	#1	Off		Swim S	0:25	Bike S (3x3 min T)	0:30	Swim E	0:30	Swim S	0:25	Off		Bike E	0:45	3:45
	#2			Run E	0:30			Run S (6 min T)	0:25					t - Run E	0:15	

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		Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	Sport	Time	
9	#1	Off		Swim S	0:30	Bike S (4x3 min T)	0:45	Swim E	0:30	Swim S	0:30	Run E	0:50	Bike E	1:10	5:20
	#2			Run E	0:25			Run S (8 min T)	0:25					t - Run E	0:15	
10	#1	Off		Swim S	0:30	Bike S (4x4 min T)	0:45	Swim E	0:30	Swim S	0:35	Run E	0:45	Bike E	1:15	5:40
	#2			Run E	0:30			Run S (8 min T)	0:30					t - Run E	0:20	
11	#1	Off		Swim S (4x100yds T)	0:30	Bike S (4x4 min T)	0:50	Swim E	0:35	Swim S	0:35	Run E	0:50	Bike E	1:20	6:00
	#2			Run E	0:30			Run S (10 min T)	0:30					t - Run E	0:20	
12 (unload)	#1	Off		Swim S (6x100yds T)	0:20	Bike S (5x4 min T)	0:35	Swim E	0:30	Off		OWS	0:20	Bike E	0:55	3:45
	#2			Run S (12 min T)	0:25			Run E	0:25					t - Run E	0:15	
13	#1	Off		Swim S (8x100yds T)	0:30	Bike S (4x5 min T)	0:50	Swim E	0:30	Run E	0:45	OWS	0:25	Bike E	1:20	6:15
	#2			Run S (14 min T)	0:30			Run E	0:30			Bike E	0:35	t - Run E	0:20	
14 (peak)	#1	Off		Swim S (10x100yds T)	0:30	Bike S (6x4 min T)	0:50	Swim E	0:30	Run E	0:50	OWS	0:25	Bike E	1:25	6:30
	#2			Run S (15 min T)	0:30			Run E	0:30			Bike E	0:40	t - Run E	0:20	
15	#1	Off		Swim S	0:25	Bike S (3x5 min T)	0:30	Swim E	0:30	Run E	0:35	OWS	0:25	Bike E	0:50	4:00
	#2			Run S (10 min T)	0:25									t - Run E	0:20	
16	#1	Off		Swim S (4x100yds T)	0:20	Run S (4 min T)	0:20	Bike S (3x4 min T)	0:40	Run	0:20	Off		RACE		2:00
	#2					Swim S	0:20									