Sprint Triathlon Training Program (Intermediate)

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	0:20	Swim E	0:20	Bike TT test	0:35	Run E	0:30	3:15
	#2			Run E	0:20					Run E	0:20					
2	#1	Off		Swim E	0:20	Bike	0:35	Swim E	0:20	Swim E	0:20	Bike	0:40	Run TT test	0:35	3:30
	#2			Run E	0:20					Run E	0:20					
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	0:40	3:50
	#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	0:40	3:15
	#2			Run E	0:20			Run E	0:20					Swim E	0:20	
5	#1	Off		Swim E	0:25	Bike S	0:40	Run E	0:35	Swim E	0:25	Run S	0:20	Bike E	0:50	4:15
	#2			Run E	0:25			Swim E	0:20					t - Run E	0:15	
6	#1	Off		Swim S	0:25	Bike S	0:40	Run E	0:35	Swim E	0:25	Run E	0:30	Bike E	0:55	4:30
	#2			Run E	0:25			Swim E	0:20					t - Run E	0:15	
7	#1	Off		Swim S	0:25	Bike S	0:40	Swim E	0:25	Swim S	0:30	Run E	0:45	Bike E	1:00	4:45
	#2			Run E	0:25			Run S (4 min T)	0:20					t - Run E	0:15	
8 (unload)	#1	Off		Swim S	0:20	Bike S (4x2 min T)	0:30	Swim E	0:20	Swim S	0:25	Off		Bike E	0:40	3:15
	#2			Run E	0:25			Run S (6 min T)	0:20					t - Run E	0:15	

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Week	Session	Monday Sport	Time	Tuesday Sport	Time	Wednesday Sport	Time	Thursday Sport	Time	Friday Sport	Time	Saturday Sport	Time	Sunday Sport	Time	Total Time
9	#1	Off		Swim S	0:30	Bike S (4x3 min T)	0:40	Swim E	0:25	Swim S	0:30	Run E	0:40	Bike E	1:00	4:50
	#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)	0:40	Swim E	0:25	Swim S	0:30	Run E	0:40	Bike E	1:10	5:00
	#2			Run E	0:25			Run S (8 min T)	0:25					t - Run E	0:15	
11	#1	Off		Swim S (3x100yds T)	0:30	Bike S (4x4 min T)	0:45	Swim E	0:30	Swim S	0:30	Run E	0:40	Bike E	1:10	5:15
	#2			Run E	0:30			Run S (8 min T)	0:25					t - Run E	0:15	
12 (unload)	#1	Off		Swim S (5x100yds T)	0:20	Bike S (5x4 min T)	0:35	Swim E	0:25	Off		OWS	0:20	Bike E	0:45	3:30
	#2			Run S (10 min T)	0:25			Run E	0:25					t - Run E	0:15	
13	#1	Off		Swim S (6x100yds T)	0:25	Bike S (5x4 min T)	0:45	Swim E	0:25	Run E	0:40	OWS	0:25	Bike E	1:10	5:30
	#2			Run S (12 min T)	0:25			Run E	0:25			Bike E	0:35	t - Run E	0:15	
14 (peak)	#1	Off		Swim S (8x100yds T)	0:30	Bike S (4x5 min T)	0:45	Swim E	0:25	Run E	0:45	OWS	0:25	Bike E	1:15	5:45
	#2			Run S (10 min T)	0:20			Run E	0:25			Bike E	0:35	t - Run E	0:20	
15	#1	Off		Swim S	0:25	Bike S (5x3 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 (4x3 min T)	0:40	Run	0:20	Off		**RACE**		2:00
	#2					Swim S	0:20									