

Distance Level Triathlon - Sprint Distance - 750m Swim / 20km Cycle / 5km Run  
Casual

This program is written in minutes!

Weeks to event day	12	11	10	9	8	7	6	5	4	3	2	1	0
<b>Monday</b>	Swim 20mins	Swim 20mins	Swim 20mins	Swim 30mins	Swim 30mins	Swim 30mins	Swim 40mins	Swim 40mins	Swim 40mins	Swim 50mins	Swim 40mins	Swim 40mins	Swim 30mins
<b>Tuesday</b>													
<b>Wednesday</b>	Run 20mins Park/Grass terrain	Run 20mins Park/Grass terrain	Run 25mins Park/Grass terrain	Run 30mins Park/Grass terrain	Run 30mins Park/Grass terrain	Run 30mins undulations	Run 40mins undulations	Run 40mins undulations	Run 40mins undulations	Run 40 min steady with up tempo 5 min in middle of run x2.	Run 40 min steady with up tempo 5 min in middle of run x2.	Run 40 min steady with up tempo 5 min in middle of run x2.	Run 30 mins easy
<b>Thursday</b>	Bike 30mins easy. Spin easy gears.	Bike 40mins easy. Spin easy gears.	Bike 40mins easy. Spin easy gears.	Bike 60mins easy. Spin easy gears.	Bike 60mins easy. Spin easy gears.	Bike 80mins easy. Spin easy gears.	Bike 80mins easy. Spin easy gears.	Bike 100mins easy. Spin easy gears.	Bike 100mins easy. Spin easy gears.	Bike 60mins 3 x 10min hard gear hard effort, 5min rest between	Bike 60mins 3 x 10min hard gear hard effort, 5min rest between	Bike 60mins 3 x 10min hard gear hard effort, 5min rest between	Bike 40mins easy. Spin easy gears.
<b>Friday</b>													
<b>Saturday</b>	Bike 30mins easy gears, 5min jog	Bike 30mins easy gears, 5min jog	Bike 40mins easy gears, 5min jog	Bike 40mins easy gears, 10min run	Swim 0mins, Bike 30mins easy gears, 5min run	Swim 25mins, Bike 45mins, Run 10mins	Swim 25mins, Bike 45mins, Run 10mins	Swim 30mins, Bike 60mins, Run 10mins	Swim 30mins, Bike 60mins, Run 10mins	Swim 30mins, Bike 60mins, Run 10mins	Swim 30mins, Bike 60mins, Run 10mins	Bike/Run repeats. Bike 10 min run 5min. Repeat 3 times	Rest Day. Go over tomorrows plan.
<b>Sunday</b>	Easy swim 20mins or easy ride 30mins	Easy swim 20mins or easy ride 30mins	Easy swim 20mins or easy ride 30mins	Easy swim 20mins or easy ride 30mins	Easy swim 20mins or easy ride 30mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Easy swim 30mins or easy ride 45mins	Race Day.
<b>Total Time Mins</b>	125	135	150	190	210	110	110	110	120	120	130	121	55
<b>Total Time Hours</b>	2.05	2.15	2.30	3.10	3.30	1.50	1.50	1.50	2.00	2.00	2.10	2.01	0.55

Program Key

<b>Key Session</b>	Try not to miss, be well rested for this session and eat well before, during and after
<b>Latte Session</b>	Light intensity sessions. Make sure you can still chat comfortably and do not over exert yourself
<b>Steady</b>	Steady pace, heart rate up from latte sessions, but not strenuous. Still able to talk but not quite as comfortably.
<b>Moderately Hard</b>	On same terrain as target event. You can talk between breaths but you'd rather concentrate on breathing.