

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

This program is written in minutes!

Weeks to event day		12	11	10	9	8	7	6	5	4	3	2	1	0
Date														
Detail			Rest Wk					Hard Wk	Rest Wk	Hard Wk	Rest Wk			
Monday	Swim			30	30		45		45		45		45	
	Bike							80		80				70
	Run	30	30	30		40	40		50		50	60	40	40
Tuesday	Swim	30	45		45	45		45		45		45		45
	Bike						90		70		90		80	
	Run							40		40				
Wednesday	Swim			45										
	Bike	70	70		70	70		70		70		80		45
	Run			30			60		45		45			
Thursday	Swim	30	30		30	45	20	45	20	45		20	20	20
	Bike													
	Run	40	40		40	40		50		50		40	60	
Friday	Swim													15
	Bike													
	Run													
Saturday	Swim						30						30	Race
	Bike	90	70	80	80	90	80	100	90	90	90	120	70	Day
	Run		5	12	5	8	12	12	10	12	10		15	!!
Sunday	Swim													
	Bike													
	Run	30	40	30	45	60	60	60	20	60	20	60	60	15
Total Time Mins		320	330	257	345	398	437	502	350	492	350	425	420	250
Total Time Hours		5.20	5.30	4.17	5.45	6.38	7.17	8.22	5.50	8.12	5.50	7.05	7.00	4.10

Program Key

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