

Sprint Triathlon Training Plan Intermediate

TRIATHLON

INTERMEDIATE TRAINING PLAN



THIS IS A 12 WEEK TRAINING PROGRAMME FOR INTERMEDIATE LEVEL TRIATHLETES TRAINING FOR AN OLYMPIC DISTANCE EVENT. 6-8 HOURS PER WEEK.

INTERMEDIATE PLAN							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 30 x 50m (25m hand/25m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 6 x 20secs hill reps and jog down recovery, 15mins running at 80%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 40mins, (30mins warm-up, 10 x 60secs high cadence (low gear at <75%maxHR) and 50secs easy, 10mins cool-down)	Swim, 30-45mins technique work	Run, 40mins easy and off-road Strength session, 30mins	Bike, 60mins steady pace
Week 2	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 30 x 50m (25m hand/25m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 8 x 20secs hill reps and jog down recovery, 15mins running at 80%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 45mins, (30mins warm-up, 12 x 60secs high cadence (low gear at <75%maxHR) and 50secs easy, 10mins cool-down)	Swim, 30-45mins technique work	Run, 45mins easy and off-road Strength session, 30mins	Bike, 70mins steady pace
Week 3	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 20 x 50m (25m hand/25m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 10 x 20secs hill reps and jog down recovery, 15mins running at 80%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 40mins, (30secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 50secs easy, 10mins cool-down)	Swim, 30-45mins technique work	Run, 50mins easy and off-road Strength session, 30mins	Bike, 80mins steady pace
Week 4	Swim, Complete 50% of race distance non-stop	Run, 30mins warm-up, 15 x 20secs break strides at 5k pace and 40secs recovery, 5mins cool-down Weights, 30mins	Rest day	Bike, 25mins turbo, 30mins warm-up, 30 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery, 5mins cool-down	Swim, 30mins technique work	Run, 30mins easy and off-road Weights, 30mins	Bike, 45mins steady pace
Week 5	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 30 x 100m (50m hand/50m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 10 x 20secs hill reps and jog down recovery, 15mins running at 80-85%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 40mins (30mins warm-up, 10 x 30secs at max intensity, 90secs easy, 10mins cool-down)	Swim, 45-60mins technique and endurance work	Run, 45mins easy and off-road, find a hilly route to build leg strength	Bike, 70mins hilly at steady pace, stay seated on hills to build leg strength
Week 6	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 15 x 50m (25m hand/25m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 8 x 20secs hill reps and jog down recovery, 15mins running at 80%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 45mins, (30mins warm-up, 12 x 60secs high cadence (low gear at <75%maxHR) and 50secs easy, 10mins cool-down)	Swim, 30-45mins technique work	Run, 45mins easy and off-road Strength session, 30mins	Bike, 70mins steady pace
Week 7	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 20 x 50m (25m hand/25m easy) with 20secs rest, 5mins cool-down	Run, 30mins warm-up, 10 x 20secs hill reps and jog down recovery, 15mins running at 80%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 40mins, (30secs warm-up, 15 x 60secs high cadence (low gear at <75%maxHR) and 50secs easy, 10mins cool-down)	Swim, 30-45mins technique work	Run, 50mins easy and off-road Strength session, 30mins	Bike, 80mins steady pace
Week 8	Swim, Complete 50% of race distance non-stop	Run, 30mins warm-up, 15 x 20secs break strides at 5k pace and 40secs recovery, 5mins cool-down Weights, 30mins	Rest day	Bike, 25mins turbo, 30mins warm-up, 30 x 30secs at high cadence (low gear <75%maxHR) and 30secs recovery, 5mins cool-down	Swim, 30mins technique work	Run, 30mins easy and off-road Weights, 30mins	Bike, 45mins steady pace
Week 9	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 6 x 100m hand with 30secs rest, 5mins cool-down	Run, 30mins warm-up, 6 x 30secs hill reps and jog down recovery, 2 x 5mins running at 85-90%maxHR + 2mins active recovery, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 45mins (30mins warm-up, 8 x 2mins at 85-90%maxHR and 60secs easy spin with 10mins cool-down) 5mins run off the bike	Swim, 45-60mins, open water if possible, if not, include open-water skills	Run, 55mins off road and easy, Run on terrain similar to race route, if not, include open-water skills Strength session, 30mins	Bike, 70mins including 20mins at goal race pace
Week 10	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 8 x 100m hand with 30secs rest after each 100m, 5mins cool-down	Run, 30mins warm-up, 8 x 30secs hill reps and jog down recovery, 2 x 8mins running at 85-90%maxHR with 2mins active recovery, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 45mins (30mins warm-up, 1 x 3mins at 85-90%maxHR with 20secs easy spin and 10mins cool-down) 10mins run off the bike	Swim, 45-60mins open water if possible, if not, include open-water skills	Run, 55mins off road and easy, Run on terrain similar to race route, if not, include open-water skills Strength session, 30mins	Bike, 80mins including 15mins at goal race pace
Week 11	Swim, 30mins warm-up, 30 x 25m drills with 20secs rest, 10 x 100m hand + 30secs rest, 5mins cool-down	Run, 30mins warm-up, 10 x 30secs hill reps and jog down recovery, 15mins running at 85-90%maxHR, 5mins cool-down Strength session, 30mins	Rest day	Bike, Turbo 45mins, 30mins warm-up, 3 x 5mins at 85-90%maxHR and 2mins easy spin, 10mins cool-down and 15mins run off the bike	Swim, 45-60mins open water if possible, if not, include open-water skills	Run, 40mins off road, Run on terrain similar to race route, if not, include open-water skills Weights, 30mins	Bike, 90mins including mid 20mins goal race pace
Week 12	Swim, 30mins warm-up, 30 x 50m drills with 20secs rest, 6 x 50m sprints at goal race pace and 30secs rest, 5mins easy cool-down	Rest day	Bike, 15mins warm-up, 15mins sustained effort at goal race pace. Run, 5mins at goal race pace and 5mins easy jog to cool-down	Rest day	Swim, 15mins including 5 x 25-50m sprints	Bike, 15mins including middle 5mins at goal race pace. Run, 5mins easy pace off the bike	Race day

Sprint triathlon training plan intermediate is designed for athletes who have a solid foundation in swimming, cycling, and running but want to take their performance to the next level. A sprint triathlon typically consists of a 750-meter swim, a 20-kilometer bike ride, and a 5-kilometer run. This

training plan will help you build strength, endurance, and speed in each discipline while ensuring adequate recovery and preventing injury.

To successfully prepare for a sprint triathlon, it's essential to focus on several key components: structured workouts, nutrition, mental preparation, and recovery strategies. This article will outline a comprehensive 12-week training plan aimed at intermediate athletes, discuss periodization, provide tips for each discipline, and emphasize the importance of nutrition and recovery.

Understanding the Sprint Triathlon Training Plan

Before diving into the specifics of the training plan, let's clarify what an intermediate athlete is and the structure of the plan. Intermediate athletes typically have completed at least one sprint triathlon or possess a good level of fitness in at least one of the disciplines.

Key Components of the Training Plan

1. **Duration:** The training plan spans 12 weeks, allowing ample time for build-up and tapering before race day.
2. **Training Frequency:** Workouts will include 4 to 6 training sessions weekly, combining swimming, cycling, running, and rest days.
3. **Intensity:** Each workout will vary in intensity, incorporating easy, moderate, and high-intensity efforts to improve different aspects of fitness.
4. **Periodization:** The plan will be structured into phases, including base building, intensity building, and tapering.

12-Week Intermediate Sprint Triathlon Training Plan

Weeks 1-4: Base Building Phase

The first four weeks focus on building endurance and establishing a solid aerobic base.

Weekly Breakdown

- Monday: Rest or light activity (yoga, stretching)
- Tuesday:
 - Swim: 30 minutes, focusing on technique and form (drills like catch-up, fingertip drag)
- Wednesday:
 - Bike: 1 hour at a comfortable pace
- Thursday:
 - Run: 30 minutes at an easy pace
- Friday:
 - Swim: 30 minutes, incorporating interval training (e.g., 4 x 100 meters at race pace with 20 seconds rest)
- Saturday:
 - Bike: 1 hour with moderate hills
- Sunday:

- Run: 45 minutes, include some tempo intervals (e.g., 5 minutes fast, 5 minutes easy)

Weeks 5-8: Intensity Building Phase

With a solid base, the next four weeks will focus on increasing intensity and race-specific training.

Weekly Breakdown

- Monday: Rest or light activity
- Tuesday:
 - Swim: 40 minutes, including 6 x 100 meters at race pace with 20 seconds rest
- Wednesday:
 - Bike: 1.5 hours, include intervals (e.g., 5 x 5 minutes hard effort with 3 minutes easy recovery)
- Thursday:
 - Run: 40 minutes, including 5 x 1-minute sprints with 2 minutes easy jogging in between
- Friday:
 - Swim: 40 minutes, focusing on speed work (e.g., 8 x 50 meters at maximum effort with 30 seconds rest)
- Saturday:
 - Brick Workout: 1 hour bike followed by a 20-minute run (focus on transitioning)
- Sunday:
 - Long Run: 1 hour at a comfortable pace

Weeks 9-11: Race Preparation Phase

The final weeks before the race focus on tapering and fine-tuning performance.

Weekly Breakdown

- Monday: Rest or light activity
- Tuesday:
 - Swim: 30 minutes, incorporating race pace intervals (e.g., 3 x 200 meters with 30 seconds rest)
- Wednesday:
 - Bike: 1 hour at race pace, including a few short bursts of speed
- Thursday:
 - Run: 30 minutes, include a few tempo intervals
- Friday:
 - Swim: 30 minutes, focusing on maintaining form and speed
- Saturday:
 - Brick Workout: 45 minutes bike followed by a 15-minute run
- Sunday:
 - Long Run: 45 minutes at a comfortable pace

Week 12: Taper Week

The final week is crucial for rest and recovery, allowing your body to recharge.

Weekly Breakdown

- Monday: Rest
- Tuesday:

- Swim: 20 minutes, light effort
- Wednesday:
- Bike: 30 minutes, including a few short bursts
- Thursday:
- Run: 20 minutes, easy pace
- Friday:
- Swim: 20 minutes, focusing on technique
- Saturday:
- Rest and prepare for race day
- Sunday:
- Race Day!

Nutrition Tips for Sprint Triathlon Training

Proper nutrition is vital to support your training and performance. Here are some key strategies:

1. Pre-Workout Nutrition:

- Consume easily digestible carbohydrates before workouts (e.g., banana, toast).
- Hydrate adequately, especially before longer sessions.

2. During Workout Nutrition:

- For workouts over an hour, consider sports drinks or gels to maintain energy levels.

3. Post-Workout Recovery:

- Focus on protein and carbohydrates within 30 minutes post-exercise (e.g., protein shake, chicken sandwich).
- Stay hydrated and replenish electrolytes.

4. Daily Nutrition:

- Maintain a balanced diet rich in whole foods, lean proteins, healthy fats, and plenty of fruits and vegetables.
- Consider consulting a sports nutritionist for personalized advice.

The Importance of Recovery

Recovery is an often-overlooked aspect of training but is essential for performance gains. Here are some recovery tips:

- Rest Days: Incorporate rest days into your training plan to allow muscles to repair and grow.
- Sleep: Aim for 7-9 hours of quality sleep per night to support recovery and overall health.
- Active Recovery: Engage in low-intensity activities such as walking, light cycling, or yoga on rest days.
- Stretching and Foam Rolling: Incorporate stretching and foam rolling into your routine to alleviate muscle tightness and improve flexibility.

Mental Preparation for Race Day

Mental preparation is as critical as physical training. Here are some tips to improve your mental game:

1. Visualization: Spend time visualizing your race, including the swim start, bike transition, and run finish.
2. Set Goals: Establish clear, achievable goals for race day, such as finishing time or pacing strategies.
3. Practice Positive Affirmations: Use positive self-talk to build confidence and reduce anxiety leading up to the race.
4. Race Simulation: Familiarize yourself with the race course, and practice transitions during training sessions.

By following this sprint triathlon training plan intermediate, you will enhance your performance and be well-prepared for race day. Remember to listen to your body, adjust your training as needed, and most importantly, enjoy the journey of becoming a better triathlete!

Frequently Asked Questions

What is a sprint triathlon training plan for intermediate athletes?

A sprint triathlon training plan for intermediate athletes typically includes structured workouts that focus on swimming, cycling, and running, along with strength training and recovery sessions, usually spread over 8 to 12 weeks.

How many hours per week should I train for a sprint triathlon as an intermediate athlete?

Intermediate athletes should aim to train between 8 to 10 hours per week, balancing workouts across swimming, biking, running, and strength training.

What should my weekly training schedule look like for a sprint triathlon?

A typical weekly training schedule may include 2 swim sessions, 3 bike rides, 3 run sessions, and one strength training day, with rest or active recovery days included.

How can I improve my swim technique for a sprint triathlon?

Improving swim technique can be achieved through drills focused on stroke efficiency, breathing techniques, and regular swim workouts, possibly with the assistance of a coach or swim group.

What is the best way to integrate brick workouts into my training plan?

Brick workouts, which combine cycling and running, can be integrated once a week to help your body adapt to the transition, ideally after a bike ride to simulate race conditions.

How should I approach nutrition during my sprint triathlon training?

Nutrition should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, with attention to hydration and fueling strategies during longer workouts and races.

What strength training exercises are beneficial for triathletes?

Beneficial strength training exercises for triathletes include squats, lunges, deadlifts, planks, and upper body exercises that enhance core stability and overall muscle balance.

How do I taper my training before a sprint triathlon?

Tapering should involve gradually reducing training volume and intensity in the final week before the race, maintaining some intensity to keep the body primed while allowing for recovery.

What are common mistakes to avoid in sprint triathlon training?

Common mistakes include overtraining, neglecting recovery, not practicing transitions, failing to hydrate adequately, and underestimating the importance of nutrition.

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