

**Short and speedy**

# SPRINT TRIATHLON

WHETHER YOU'RE A NEWBIE OR SEASONED SPRINTER, GO FOR GOLD WITH OUR PLANS

## Meet the expert

**Doug Hall**

Doug coaches novices and top age-groupers. He studied sport at the University of Bath



**A SHORT, sharp sprint can be a great end to the race season and with our help you can achieve a speedier PB than you've ever dreamed of.**

The Get Round plan is designed to be a guide to the bare minimum amount of training you'll need under your belt for sprint distance racing. It incorporates two rest days per week in order to ensure that there is enough recovery from the sessions that you'll be able to complete each week consistently. Although you may be racing a pool-based triathlon, the programme has included some open-water sessions, this will be a good chance to practise open water without the pressure of racing, for the inevitable time you decided to dip your toe into racing outdoors.

The Race Hard plan is designed for you if you've completed a few sprint distance races and perhaps needs a little bit of structure to take your

performance up a level. Or you may be new to triathlon, but have an athletic history in single sport competition. This plan focuses on quality over quantity, which for a sprint distance is extremely important. One day off training per week ensures an appropriate level of recovery from training.

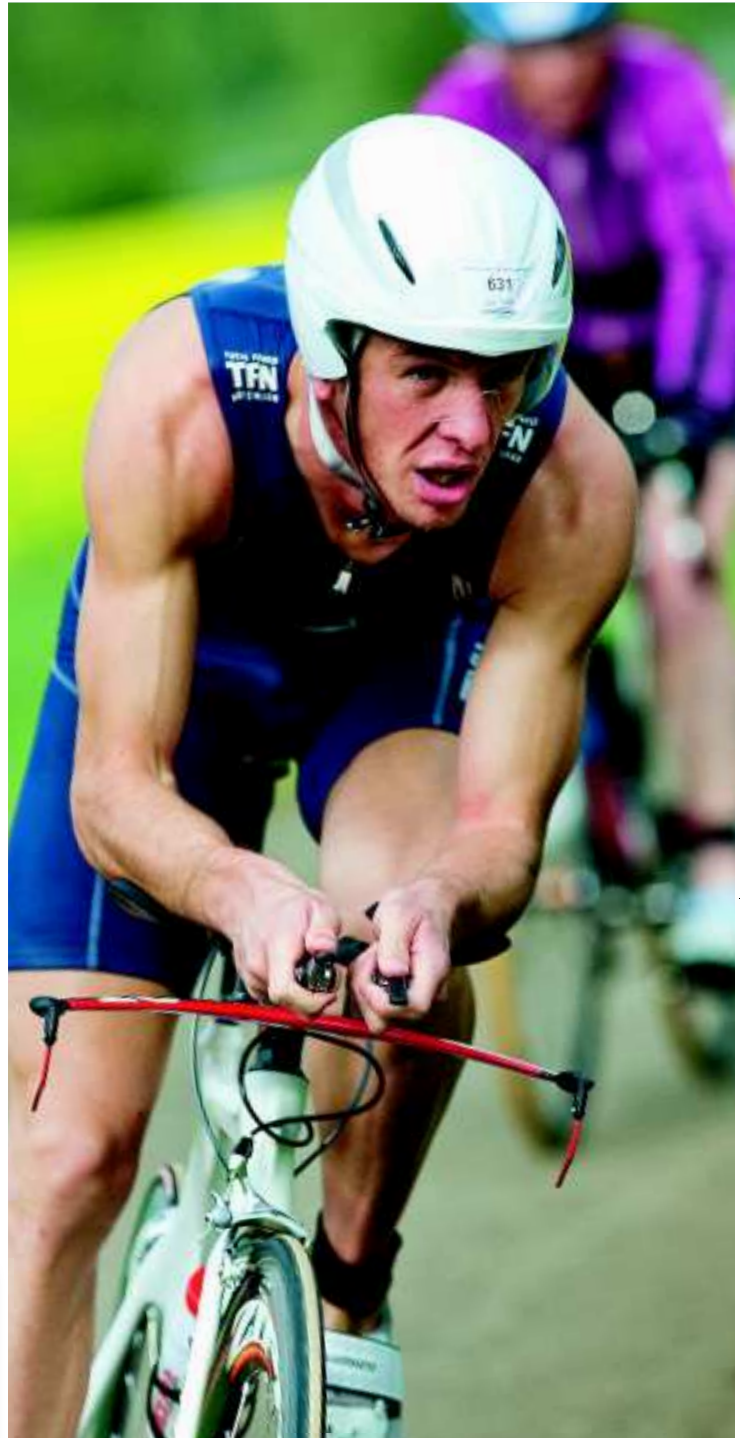
Both plans feature the traditional three-week build, one-week recovery cycle, gradually building you up to completing more and more each week. These progressions occur both in terms of training volume (hours completed) and intensity (how hard the training is).

Both plans feature a seven to 10 day taper leading into the race in order to bring you to the startline as fresh and as prepared as possible.

Be sure to check out the Key before you start, so you know what any abbreviations mean in advance. Try to judge your intensity either by perceived effort, heart-rate, speed or power output.

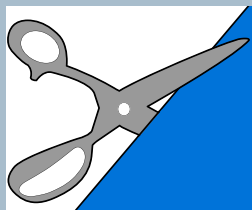
## Are you ready to train?

- 1** Can you ride for at least 45 mins?
- 2** Can you run at least 30 mins?
- 3** Can you swim at least 400m?

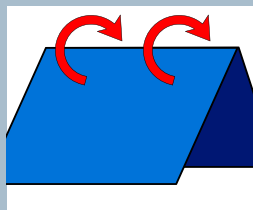


## How it works

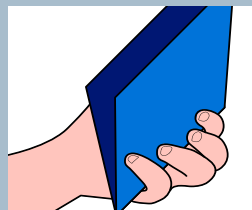
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training





# TRAININGZONE

## GET ROUND PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> 300m easy, 10x50m + 15secs rest build effort from reps 1-10, 2mins rest. 8x50m + 15secs rest build reps 1-8, 2mins rest. 6x50m + 15secs, build reps 1-6, 2mins rest. 4x50m + 15secs, build reps 1-4, 2mins rest. 2x50m + 15secs rest at race pace. 200m easy</p>	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> <b>Warm up</b>; 300m easy, 10x100m + 30secs rest alternating [100m at Race pace/100m steady swimming], 200m easy</p>	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> 300m easy, 5x200m + 45secs rest. 10x50m + 20secs rest as [open water start/25m MAX/25m easy], 200m easy</p>	<p><b>Type</b> Swim <b>Time</b> 40mins approx  <b>Instructions</b> 300m choice swimming, 10x50m as [25m drill/25m swim] + 15secs rest.  <b>Warm down</b>; 200m choice swimming</p>
Tue	REST DAY	REST DAY	REST DAY	REST DAY
Wed	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> <b>Warm up</b>; 10mins easy spinning  <b>Main set</b>; 2x [15mins at LT effort/5mins easy spinning]  <b>Warm down</b>; 10mins easy spinning</p>	<p><b>Type</b> Cycle <b>Time</b> 45 mins  <b>Instructions</b> <b>Warm up</b>; 10mins easy spinning  <b>Main set</b>; 6x 4min hill reps. Alternating tempo effort/LT effort. Freewheel downhill for recovery. <b>Warm down</b>; 5mins easy spinning</p>	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> 5mins easy spin. <b>Main set</b>; 2x 20mins at race pace + 3mins easy spin rests. 1st rep - overgearing, cadence less than 80rpm. 2nd rep - undergearing, cadence more than 95rpm. <b>Warm down</b>; 5mins easy spinning</p>	<p><b>Type</b> Cycle <b>Time</b> 45mins  <b>Instructions</b> <b>Easy</b>; 45mins recovery spin at BE effort. Maintain a high cadence of 90rpm + throughout</p>
Thur	<p><b>Type</b> Run <b>Time</b> 45mins  <b>Instructions</b> 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill</p>	<p><b>Type</b> Run <b>Time</b> 45mins  <b>Instructions</b> 45mins at BE effort, maintain good running form throughout, run off road if possible to reduce impact</p>	<p><b>Type</b> Run <b>Time</b> 45mins  <b>Instructions</b> 45mins broken down as 3x [12mins at BE effort/3min accelerating pace and effort to MAX]</p>	<p><b>Type</b> Run <b>Time</b> 30mins  <b>Instructions</b> <b>Easy</b>; Up to 30mins steady jogging keeping effort to BE throughout</p>
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	<p><b>AM</b> <b>Type</b> Swim <b>Time</b> 35 mins approx  <b>Instructions</b> 300m easy, 10x50m + 15secs rest as [25m sighting every 6-8 strokes/25m swim], 200m easy. <b>PM</b> <b>Type</b> Run <b>Time</b> 40 mins approx 10mins jog, 12x400m + 45secs rest alternate 1 rep at LT effort/1 rep @ RT</p>	<p><b>Type</b> Swim <b>Time</b> 35 mins approx  <b>Instructions</b> Head to a local swimming lake, river or beach and swim up to 1,000m continuous front crawl in your wetsuit</p>	<p><b>AM</b> <b>Type</b> Swim <b>Time</b> 35 mins approx  300m easy, 10x50m + 15secs rest as 25m single arm drill/25m swim. 200m easy  <b>PM</b> <b>Type</b> Run <b>Time</b> 30 mins approx  <b>Warm up</b> 10mins jog, 2x5mins at tempo.  <b>Warm down</b>; 5mins easy jogging</p>	<p><b>AM</b> <b>Type</b> Swim <b>Time</b> 30 mins approx  <b>Instructions</b> <b>Optional</b>; 400m swim, 300m pull, 200m kick, 100m swim + 15secs rest between reps</p>
Sun	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> 1 hour steady state riding at BE effort throughout</p>	<p><b>AM</b> <b>Type</b> Brick session <b>Time</b> 1h30 mins  <b>Instructions</b> <b>Cycle</b>; <b>Warm up</b>; 10mins easy spinning. <b>Main set</b>; 3x [10mins at race pace effort/5mins easy spinning]. Run off bike; 20mins as [15mins at Race pace effort/5mins easy jogging] <b>Warm down</b>; 10mins easy</p>	<p><b>AM</b> <b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> 1 hour on hilly terrain. Ride at BE effort on the flat(ish) sections, increase effort to tempo on any incline. Use gears to keep cadence around 90rpm.</p>	<p><b>AM</b> <b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> <b>Easy</b>; 1 hour easy spinning at BE effort. Pick an interesting route and stop by a good café</p>
WEEK 09	WEEK 10	WEEK 11	WEEK 12	
Mon	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> 300m easy, 3x500m + 60secs as [100m race pace/300m steady state/100m race pace] <b>Warm down</b>; 200m choice swimming</p>	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> <b>Warm up</b>; 300-500m. <b>Main set</b>; 400m or 750m at desired race pace, complete open water if possible. <b>Warm down</b>; 200m choice swimming, practice taking your wetsuit off</p>	<p><b>Type</b> Swim <b>Time</b> 50mins approx  <b>Instructions</b> <b>Warm up</b>; 300m choice swimming. <b>Main set</b>; 10x50m as [25m drill/25m swim] + 15secs rest. <b>Warm down</b>; 200m choice swimming</p>	REST DAY
Tue	REST DAY	REST DAY	REST DAY	<p><b>Type</b> Swim <b>Time</b> 15mins  <b>Instructions</b> Up to 500m choice swimming. Keep it easy and clear you head about the weekend</p>
Wed	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> 10mins easy spinning  <b>Main set</b>; 45mins as 2mins @ RT effort/1min easy spinning <b>Warm down</b>; 5mins easy spinning</p>	<p><b>Type</b> Cycle <b>Time</b> 50mins approx  <b>Instructions</b> <b>Warm up</b>; 10mins easy spinning  <b>Main set</b>; 3x [10mins at race pace effort/5mins above race pace effort] Take a few mins easy spinning between efforts.  <b>Warm down</b>; 5mins easy spinning</p>	<p><b>Type</b> Cycle <b>Time</b> 45mins  <b>Instructions</b> <b>Easy</b>; 45mins recovery spin at BE effort. Maintain a high cadence of 90rpm + throughout</p>	<p><b>Type</b> Cycle <b>Time</b> 30 mins  <b>Instructions</b> <b>Easy</b>; spinning on the bike to keep the blood flowing before the weekend</p>
Thur	<p><b>Type</b> Run <b>Time</b> 1 hour  <b>Instructions</b> 1 hour at BE effort, maintain good running form throughout, run off road if possible to reduce impact. This is an over distance run, so only runs as far as you can maintain quality</p>	<p><b>Type</b> Run <b>Time</b> 45mins  <b>Instructions</b> 45mins on hilly terrain. Run @ BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HR as quickly as possible once at the top of the hill</p>	<p><b>Type</b> Run <b>Time</b> 30mins  <b>Instructions</b> <b>Easy</b>; Up to 30mins steady jogging, keeping effort to BE throughout</p>	<p><b>Type</b> Run <b>Time</b> 15mins  <b>Instructions</b> <b>Easy</b> 15mins jog</p>
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	<p><b>AM</b> <b>Type</b> Swim <b>Time</b> 35 mins approx  300m easy, 10x50m + 15secs rest as [25m sighting every 6-8 strokes/25m swim], 200m easy. <b>PM</b> <b>Type</b> Run <b>Time</b> 35 mins. 10mins jog. 4x400m + 45secs rest. Build pace over reps 1-4. 5mins jog. 800m at race pace. 5mins jog</p>	<p><b>Type</b> Swim <b>Time</b> 35 mins approx  Head to a local swimming lake and swim up to 1,000m continuous front crawl in your wetsuit.</p>	<p><b>Type</b> Swim <b>Time</b> 35 mins approx  <b>Optional</b>; 400m swim, 300m pull, 200m kick, 100m swim + 15secs rest between reps</p>	<p><b>Type</b> Brick <b>Time</b> 20 mins  <b>Instructions</b> <b>Easy</b> spin on bike to check it over before race day</p>
Sun	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> 1 hour steady state riding at BE effort throughout</p>	<p><b>Type</b> Brick <b>Time</b> 1 hour 10mins  <b>Instructions</b> <b>Cycle</b>; <b>Warm up</b>; 10mins easy spinning. <b>Main set</b>; 3x [10mins at race pace effort/5mins easy spinning] Run off bike; 20mins at race pace effort. <b>Warm down</b>; 5mins easy jogging</p>	<p><b>Type</b> Cycle <b>Time</b> 1 hour  <b>Instructions</b> <b>Easy</b>; 1 hour easy spinning at BE effort. Pick an interesting route and stop by a good café</p>	RACE DAY



# TRAININGZONE

## TRAIN HARD PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> 300m easy, 10x50m + 15secs rest, build effort from reps 1-10. 8x50m + 15secs, build reps 1-8. 6x50m + 15secs, build reps 1-6. 4x50m + 15secs rest, build reps 1-4. 2x50m + 15secs rest at race pace. 200m easy	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> <b>Warm up:</b> 300m choice swimming <b>Main set:</b> 10x100m + 30secs rest alternating (100m at race pace / 100m steady swimming) <b>Warm down:</b> 200m choice swimming	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> 300m easy, 5x200m + 45secs rest <b>Sprint set:</b> 10x50m + 20secs rest as [open water start / 25m MAX / 25m easy], 200m easy	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> <b>Warm up:</b> 300m choice swimming <b>Main set:</b> 10x50m as [25m drill / 25m swim] + 15secs rest. <b>Warm down:</b> 200m choice swimming
Tue	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort
Wed	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> <b>Warm up:</b> 10mins easy spinning <b>Main set:</b> 2x [15mins at LT effort / 5mins easy spinning] <b>Warm down:</b> 10mins easy spinning	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> <b>Warm up:</b> 10mins easy spinning <b>Main set:</b> 8x 4min hill reps. Alternating tempo effort / LT effort. Freewheel downhill for recovery. <b>Warm down:</b> 5mins easy spinning	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> 5mins easy spin. <b>Main set:</b> 2x 20mins at race pace + 3mins easy spin rests. 1st rep - Overgearing, cadence less than 80rpm 2nd rep - Undergearing, cadence more than 95rpm. <b>Warm down:</b> 5mins easy	<b>Type</b> Cycle <b>Time</b> 45mins <b>Instructions</b> Easy; 45mins recovery spin at BE effort. Maintain a high cadence of 90rpm + throughout
Thur	<b>Type</b> Run <b>Time</b> 30mins <b>Instructions</b> 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to tempo on any incline. Concentrate on reducing your HRs quickly as possible once at the top of the hill	<b>Type</b> Run <b>Time</b> 45mins <b>Instructions</b> 45mins at BE effort, maintain good running form throughout, run off road if possible to reduce impact	<b>Type</b> Run <b>Time</b> 45mins <b>Instructions</b> 45mins broken down as 3x [12mins at BE effort / 3min accelerating pace and effort to MAX]	<b>Type</b> Run <b>Time</b> 30mins <b>Instructions</b> Easy; Up to 30mins steady jogging keeping effort to BE throughout
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	<b>AM Type</b> Swim <b>Time</b> 35mins approx 300m easy, 10x50m + 15secs rest as [25m Sighting every 6-8 strokes / 25m swim], 200m easy. <b>PM Type</b> Run <b>Time</b> 1 hour approx <b>Warm up:</b> 10mins jog, 20x400m + 45secs rest alternating 1 rep at LT effort / 1 rep at RT effort. 5mins jog	<b>Type</b> Swim <b>Time</b> 35mins approx <b>Instructions</b> Head to a local swimming lake, river or beach and swim up to 1,000m continuous front crawl in your wetsuit	<b>AM Type</b> Swim <b>Time</b> 35mins approx 300m easy, 10x50m + 15secs rest as 25m single arm drill / 25m swim. 200m easy <b>PM Type</b> Run <b>Time</b> 1 hour approx <b>Warm up:</b> 10mins jog, 3x5mins at tempo. <b>Warm down:</b> 5mins easy jogging	<b>AM Type</b> Swim <b>Time</b> 30mins approx <b>Instructions</b> Optional; 400m swim, 300m pull, 200m kick, 100m swim + 15secs rest between reps
Sun	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> 60mins steady state riding at BE effort throughout	<b>AM Type</b> Brick session <b>Time</b> 1 hour 5mins <b>Instructions</b> Cycle; <b>Warm up:</b> 10mins easy spinning. <b>Main set:</b> 3x [10mins at race pace effort / 5mins easy spinning]. Run off bike; 20mins as [15mins at race pace effort / 5mins easy jogging] <b>Warm down:</b> 10mins easy	<b>AM Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> 1 hour on hilly terrain. Ride at BE effort on the flat (ish) sections, increase effort to tempo on any incline. Use gears to keep cadence around 90rpm	<b>AM Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> Easy; 1 hour easy spinning at BE effort. Pick an interesting route and stop by a good café
	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	<b>Type</b> Swim <b>Time</b> 1 hour 10 approx <b>Instructions</b> <b>Warm up:</b> 300m easy, 5x 500m + 60secs as [100m race pace / 300m steady state / 100m race pace]. Kick set: 5x 100m + 15secs rest alternating 25m MAX / 25m easy, 200m <b>Warm down:</b> 300m easy	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> <b>Warm up:</b> 300-500m. <b>Main set:</b> 400m or 750m at desired race pace, complete open water if possible. <b>Warm down:</b> 200m choice swimming, practice taking your wetsuit off.	<b>Type</b> Swim <b>Time</b> 50mins approx <b>Instructions</b> <b>Warm up:</b> 300m choice swimming <b>Main set:</b> 10x50m as [25m drill / 25m swim] + 15secs rest <b>Warm down:</b> 200m easy	REST DAY
Tue	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Your choice <b>Time</b> 1 hour <b>Instructions</b> Optional swim, bike or run for up to 1 hour at BE effort	<b>Type</b> Swim <b>Time</b> 15mins <b>Instructions</b> Up to 500m choice swimming. Keep it easy and clear your head about the weekend
Wed	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> <b>Warm up:</b> 10mins easy spinning <b>Main set:</b> 2x [15mins @ LT effort / 5mins easy spinning] <b>Warm down:</b> 10mins easy spinning	<b>Type</b> Cycle <b>Time</b> 1 hour approx <b>Instructions</b> <b>Warm up:</b> 10mins easy spinning <b>Main set:</b> 4x [10mins at race pace effort / 5mins above race pace effort] Take a few mins easy spinning between efforts. <b>Warm down:</b> 5mins easy spinning	<b>Type</b> Cycle <b>Time</b> 45mins <b>Instructions</b> Easy; 45mins recovery spin @ BE effort. Maintain a high cadence of 90rpm + throughout	<b>Type</b> Cycle <b>Time</b> 30mins <b>Instructions</b> Easy spinning on the bike to keep the blood flowing before the weekend
Thur	<b>Type</b> Run <b>Time</b> 1 hour <b>Instructions</b> 1 hour at BE effort, maintain good running form throughout, run off road if possible to reduce impact. This is an over distance run, so only run as far as can run, so only run as far as you can maintain quality	<b>Type</b> Run <b>Time</b> 45mins <b>Instructions</b> 45mins on hilly terrain. Run at BE effort on the flat, and increase effort to Tempo on any incline. Concentrate on reducing your HRs quickly as possible once at the top of the hill	<b>Type</b> Run <b>Time</b> 30mins <b>Instructions</b> Easy; Up to 30mins steady jogging keeping effort to BE throughout	<b>Type</b> Run <b>Time</b> 15mins <b>Instructions</b> Easy 15mins jog
Fri	REST DAY	REST DAY	REST DAY	REST DAY
Sat	<b>AM Type</b> Swim <b>Time</b> 35mins approx 300m easy, 10x50m + 15secs rest as [25m Sighting every 6-8 strokes / 25m swim], 200m easy. <b>PM Type</b> Run <b>Time</b> 35mins. 10mins jog, 4x400m + 45secs rest build pace over reps 1-4. 5mins jog, 800m at race pace. 5mins jog	<b>Type</b> Swim <b>Time</b> 35mins approx <b>Instructions</b> Head to a local swimming lake and swim up to 1000m continuous front crawl in your wetsuit	<b>Type</b> Swim <b>Time</b> 35mins approx <b>Optional:</b> 400m swim, 300m pull, 200m kick, 100m swim + 15secs rest between reps	<b>Type</b> Bike <b>Time</b> 20mins <b>Instructions</b> Easy spin on bike to check it over before race day
Sun	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> 60mins steady state riding at BE effort throughout	<b>Type</b> Brick <b>Time</b> 1 hour 15mins <b>Instructions</b> Cycle; <b>Warm up:</b> 10mins easy spinning <b>Main set:</b> 3x [10mins at race pace effort / 5mins easy spinning] Run off bike; 20mins at race pace effort / 5mins easy jogging	<b>Type</b> Cycle <b>Time</b> 1 hour <b>Instructions</b> Cycle; <b>Easy:</b> 1 hour easy spinning at BE effort. Pick an interesting route and stop by a good café	RACE DAY