

SPRINT TRIATHLON TRAINING PLAN

8 WEEKS (FOR BEGINNERS)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	20 Min Easy Cycle	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	30 Min Easy Cycle	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Easy Swim (Non Stop)	Rest Day
3	1 Mile Run (Non Stop)	45 Min Easy Cycle	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	1.5 Mile Run (Non Stop)	10 x 2 Min Zone 4 Cycle/1 Min Recovery	Rest Day
4	2 Mile Run	50 Min Easy Cycle	15 Min Easy Swim (Non Stop)	Rest Day	10 x 1 Min Zone 4 Run/1 Min Zone 1 Jog	10 Min Swim + 45 Min Zone 3 Cycle	Rest Day
5	2 Mile Run + 4 x 50m Strides	60 Min Easy Cycle	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	20 Min Easy Swim (Non Stop)	30 Min Cycle + 10 Min Run	Rest Day
6	2.5 Mile Run + 4 x 50m Strides	70 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	600m Easy Swim (Zone 2)	Swim 500m, Run 2 Miles, Cycle 10 Miles	Rest Day
7	3 Mile Run + 4 x 75m Strides	75 Min Easy Cycle	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	45 Min Zone 2 Cycle + 15 Min Zone 3 Run	5 x 3 Min Zone 4 Cycle/1 Min Recovery	Rest Day
8	2 Mile Run + 4 x 75m Strides	30 Min Easy Cycle	10 Min Easy Swim (Zone 2)	Rest Day	15 Min Easy Cycle or Run	Race!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

Check out our extensive range of Training Plans (and much more!) at MarathonHandbook.com

Triathlon Workout Planner

Mark Klion, Jonathan Cane



Triathlon Workout Planner:

Triathlon Workout Planner John Mora, 2006-01-18 Train smarter and get better results no matter how busy your lifestyle Triathlon Workout Planner is like having your own personal support team to prioritize training fit workouts into your schedule and plan for long term racing success By choosing the right workout at the right time you can actually improve efficiency technique and overall fitness level in less time with these invaluable tools Three or four key workouts that serve as the core of your weekly training schedule The 80 20 rule which focuses on the 20% of training that gets 80% of the results Workout choices based on available time and target heart rate for customized training Eight weeks of log pages to gauge progress and make weekly adjustments helping you stay on track and stay injury free Racing plans for every distance from sprint to Ironman Take control of your training and your schedule with Triathlon Workout Planner Train more efficiently and effectively for better performance on and off the race course

Triathlon Training Handbook Terri Schneider, 2018-02-27 The comprehensive guide to achieving your triathlon goals through a three stage fitness training program Combining running swimming and biking specific exercises with complementary endurance and strength training The Triathlon Training Handbook approach emphasizes targeted fitness milestones alongside proper recovery These workouts provide easy to follow programs divided weekly and by level beginner intermediate advanced PROVEN TECHNIQUES FOR STRENGTH AND ENDURANCE Combining proven strength and endurance training routines with specific skill programs The Triathlon Training Handbook lets you push your body to reach its full potential getting the results you want while avoiding stress based injury and unwanted setbacks EASY TO FOLLOW WORKOUT PLANS With workouts perfect for anyone from beginners to experts The Triathlon Training Handbook allows people to jump right in at their personal fitness level making the workouts quick and easy to include in your existing routines ONLINE SUPPORT THROUGH GETFITNOW PLATFORM Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more EXPERT PRESENTATION GUARANTEES RESULTS The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer and puts it right in your hands Training tips and expert notes are included as well as a training journal where you can log your progress

Triathlon Training For Dummies Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day It helps you find the motivation you need to stick to your program eat better to maximize your energy and prevent injuries both before and during the race This authoritative guide helps you evaluate your cardiovascular fitness muscle strength endurance and flexibility and to set manageable realistic training goals You ll learn how to establish a workout schedule choose a target finish time get the right affordable equipment you ll need for each leg of the race and maximize your fitness and form for swimming biking and running You ll also get plenty of help in putting it all

together as you focus your training add dual workouts become a quick change artist and save time during transitions Discover how to Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic Sprint or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you lists of items to bring along on race day and tips on registration formalities and racing etiquette **Triathlete Magazine's Essential Week-by-Week Training Guide** Matt Fitzgerald,2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game **Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal The Tool to Enhance Your Look Feel and Better Performance** Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete *Triathlon Training Planner the Ultimate Triathlete's Schedule Log Book & Journal to Become a Pro-Fit the Tool to Enhance Your Look Feel and Better Performance* Tri Publishing,2019-10-31 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which helps you to keep track of your daily training pattern and drill workout up to date There is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can

use it like 6 weeks 8 weeks or A 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete

Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal For Multisports Athlete Beginner To Obtain Faster and Stronger Growth in Marathon. Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete

Triathlon Training Planner Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or A 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note

and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete **Train Easier, Race Faster: Your Personalized Triathlon Planner** Pasquale De Marco,2025-07-15 In a world where endurance meets exhilaration Train Easier Race Faster Your Personalized Triathlon Planner emerges as your ultimate guide to conquering the multisport challenge of triathlon This comprehensive book is meticulously crafted to empower athletes of all levels from triathlon enthusiasts taking their first plunge to seasoned competitors seeking to refine their skills and achieve new heights Within these pages you ll find a wealth of knowledge and expert advice to optimize your training and performance in each triathlon discipline swimming cycling and running Discover the secrets of efficient swimming strokes learn to navigate the nuances of cycling techniques and master the art of running with resilience More than just a training manual this book delves into the intricacies of triathlon lifestyle and mindset You ll gain insights into the importance of nutrition and recovery learn strategies to prevent injuries and develop mental toughness to overcome challenges and achieve your triathlon goals With personalized training plans tailored to your skill level and aspirations you ll embark on a structured journey towards triathlon success Whether you re a beginner seeking to complete your first triathlon or an experienced athlete aiming for a personal best these plans provide a roadmap to steady progress and peak performance Train Easier Race Faster also serves as a valuable resource for understanding the triathlon community and its unique culture Discover the camaraderie and support that await you and explore opportunities to contribute to the growth of the sport through volunteering and community involvement As you delve into this comprehensive guide you ll not only enhance your triathlon skills but also embark on a transformative journey of self discovery and personal growth With each step stroke and pedal you ll push your limits conquer challenges and unlock the boundless potential within you Embrace the triathlon lifestyle find your rhythm and experience the exhilaration of crossing the finish line with a sense of accomplishment that will stay with you long after the race is over Train Easier Race Faster is your trusted companion on this extraordinary journey If you like this book write a review **Triathlon for Masters and Beyond** Ian Stokell,2014-03-06 Masters triathletes can reach their fitness goals and smarten up their triathlon training with this accessible practical guide **Triathlete's Edge** Marc Evans,2003 Triathlon coaching pioneer Marc Evans has trained pros and age group triathletes for over 20 years and he knows what it takes to be successful His system is divided into phases that can be customized to fit various training seasons and racing objectives The base preparation phase sets training goals and develops endurance strength flexibility and technique Base transition adds new workouts introduces transitions and increases the volume and intensity of your training The third phase race preparation includes specific swim bike and run workouts tailored to your fitness level that will condition your body to put it all together in the approaching competition The final phase peak transition prepares you physiologically and psychologically in a taper that will sharpen your

body to peak on race day Triathlete's Edge contains much more than training programs Complete assessment tools allow you to evaluate mobility posture gait strength and flexibility to make improvements through event specific exercise drills Swim instruction covers stroke improvement and hand entry techniques and offers tips on mass starts and exits You'll improve your position on the bike perfect your posture and study cadence and gearing on the bike The running section will sharpen your efficiency with drills for arm movement foot strike and running stride Evans reveals the professional training secrets that have defined him as the triathlon training authority Mark Allen Karen Smyers Mike Pigg and Sue Latshaw are just a few of the legendary triathletes who have benefited from Evans mentoring Now you can incorporate his knowledge in your own training program to give yourself the triathlete's edge

The Triathlete's Training Bible Joe Friel, 2025-11-04 The Triathlete's Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon Joe has greatly updated this new Fifth Edition of The Triathlete's Training Bible to incorporate new training methods especially on workout intensity to help athletes train smarter and produce better results than ever The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition Joe will guide you to develop your own personalized triathlon training program and Become a better swimmer cyclist and runner Train with the most effective intensity and volume Gain maximum fitness from every workout Make up for missed workouts and avoid overtraining Adapt your training plan based on your progress and lifestyle Build muscular endurance with a proven approach to strength training Improve body composition with smarter nutrition The Triathlete's Training Bible is the best selling book on triathlon training ever published Get stronger smarter and faster with this newest version of the bible of the sport What's New in the Fifth Edition of The Triathlete's Training Bible The science and sport of triathlon have changed since the previous edition was released This new edition adds emphasis to personalizing training plans incorporates new power pace and heart rate techniques for swimming cycling and running improves on skill development techniques updates his strength training approach speeds up recovery for busy athletes and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance The most significant changes have to do with getting the intensity of workouts right to build a bigger aerobic endurance base while becoming more race fit

The 12 Week Triathlete, 2nd Edition-Revised and Updated Tom Holland, 2011-03 Whether you are a beginner or a seasoned triathlete training for a Sprint Olympic Half Ironman or Ironman event this book offers a complete step by step program that will help you strengthen tone up and both physically and mentally prepare for the

Athlete to Triathlete Marni Sumbal MS, RD, CSSD, 2020-01-28 Go the distance a triathlon training guide for athletes Maybe you love to run swim competitively in high school or enjoy

riding your bike Perhaps you re looking for a fun new athletic challenge Whatever the case is you re in the right place Athlete to Triathlete delivers the ultimate triathlon training plan for Sprint and Olympic races to help you gain the fitness and confidence to complete your first race and enjoy doing it Transition from a single to a multisport athlete with advice on everything from injury prevention and mental fitness to pro tips for mastering each sport The up to date information and expert guidance make your training journey and race day experience safe fun and memorable This triathlon training book includes Triathlon 101 All the triathlon specific information you need to know including helpful features like gear checklists transition tips and race day rules Training beyond the basics The chapters provide simple to understand details on training fundamentals stretching exercises and advice tailored to runners cyclists and swimmers 12 week training plans Follow a detailed day by day training plan for either a Sprint or Olympic distance race When you re ready to race in your first triathlon grab a copy of Athlete to Triathlete and complete the race with confidence

Triathlon Anatomy Mark Klion,Jonathan Cane,2021 Triathlon Anatomy Second Edition provides an inside look at multisport training Featuring step by step instructions and detailed anatomical illustrations for 74 exercises you will see how to strengthen muscles and increase stamina to conquer each leg of this demanding sport

Dave Scott's Triathlon Training Dave Scott,Liz Barrett,1986-08-29 The author a four time triathlon champion discusses training routines motivation nutrition race strategy and proper swimming cycling and running form

Developing Endurance NSCA -National Strength & Conditioning Association,Ben Reuter,2024-05-30 Endurance sports continue to grow in popularity with millions of people participating in events each year To sustain such prolonged activities athletes need a high level of aerobic and muscular fitness that can only be achieved through a properly designed training program constructed to optimize endurance performance Developing Endurance Second Edition is your guide to developing effective endurance training programs Written by 14 of the top National Strength and Conditioning Association experts the book provides a physiological overview of endurance sports and explains how resistance flexibility and aerobic training all contribute to better performance You ll find technique guidelines and photos for resistance training and plyometric exercises that are specific to endurance sports Multiple tests for assessing aerobic endurance enable you to evaluate and monitor ongoing changes in performance Plus an updated chapter about warm up methods and techniques as well as a new chapter about programming for obstacle course racing make this the definitive edition of this trusted resource With training programs for running cycling swimming triathlon and obstacle course racing Developing Endurance takes the guesswork out of creating personalized training programs that help avoid plateaus and take performance to the next level Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Triathlete Magazine's Guide to Finishing Your First Triathlon T. J. Murphy,2008-08-01 Here T J Murphy a longtime triathlete and Editor in Chief of Triathlete Magazine offers the aspiring triathlete a clear and simple pathway that will guide him or her toward

experiencing the ultimate fitness lifestyle culminating with the successful completion of a first triathlon Beginning with the creation of an athlete s mindset the author guides the reader through essential techniques for swimming biking and running as well as topics such as nutrition equipment and racing Readers will learn how to create a training schedule and eventually enter and participate in an entry level triathlon Even the most unrepentant couch potato can be transformed into a triathlete with this inspiring companion and training partner **Triathlon Training Journal** Dariusz Janczewski,2009-10-06

Triathlon and Ironman Training Journal is a traditional workout log and more In the Journal you the athlete are able to not only record your daily training routines but also keep a personal diary track the diet and plan the rest of your day The Journal has enough pages 400 to last you a whole year and as the dates for each day are filled in by you it may be started at any time of the year The Everything Triathlon Training Book Brent Manley,Lucia Colbert,2009-01-17 Triathlons are exploding in popularity across the country People who have never entered a race are attracted to the triathlon s mix of running swimming and biking Whether readers are considering their first race or looking for ways to take their training up a notch this guide is all they need Triathletes in training will learn how to Find the right shoes bike and swimwear train for sprint and Olympic distance triathlons improve running form cycling efficiency and freestyle stroke train alone or in a group and more Complete with information on nutrition and motivation this informational guide also provides training logs so athletes can keep track of their progress every step of the way The authors take athletes from start to the finish line and beyond With their expert help weekend warriors will find the strength and stamina they need to compete in these accessible yet challenging races

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