



## ABSOLUTE BEGINNER'S JOB & FAMILY FRIENDLY 12 WEEK SPRINT TRIATHLON TRAINING PLAN

### Plan Overview

The ultimate goal of this plan is to finish a Sprint Triathlon! Most of this plan I have used myself and I have used it to train others to complete in their first Sprint Triathlon. I have edited it to maximize your success to be in good enough shape to finish a Sprint Triathlon:

- 300 meter swim in a pool
- 10 mile bike leg
- 3.1 mile run leg

The training will consist of:

- 30 minute job friendly weekday workouts
- Some guilt free weekend workouts (family friendly)
- Workouts are listed Week by Week and Day by Day
- Transition Training included
- What to do during "Taper Week"

This training plan will give you plenty of time to do the workouts during your lunch break and get back to work with plenty of time. If you can't work these workouts in during your lunch break, then a morning or evening workout will work just as well. **They are just 30 minutes long!** So, you don't have to spend 10 hours or more a week away from your family to train while still gaining the benefits of a healthier lifestyle!

---

### Week 1

The purpose of this week is to move your body! This week is all about starting to make the change to being more active. While this week is not considered a hard week for most, you may find that this week is hard for you. That is OK! Part of the training will help you get into a proper mindset to tackle things that you didn't think you could do before. This is the first week into that journey. So, plan ahead so you can do each of the five 30 minute exercises. Most of all, have fun!

#### Monday

Walk one mile around your neighborhood or around your workplace in 30 minutes. If you finish faster than 30 minutes, that is fine. Write down the time it took you. You can relax this time.

#### Tuesday

Ride a bicycle for 30 minutes at an easy pace. Any kind of bike will do. Play with the gears if you have them until you find a sweet spot where you can spin the pedals comfortably at about 70 to 90 revolutions per minute.

#### Wednesday

Read the [Absolute Beginner's Guide To Learning How to Triathlon Swim](#) article and watch the video. Today's goal is to get used to the water and just move yourself forward. 30 minutes.



### **Thursday**

Bike 30 minutes like you did on Tuesday's training session. Easy work out!

### **Friday**

Walk one mile. Did you better your time from Monday?

### **Saturday and Sunday**

Rest days! You deserve it! Can you believe how much you did this week? Week 1 completed!

---

## **Week 2**

The purpose of this week is to move a little faster than last week. If at any time you feel faint or sick, slow down! You are only going a little faster, not going all out!

### **Monday**

Walk/Jog. You will walk for 90 seconds and then jog at a very easy pace for 30 seconds. Repeat until you have completed one mile. Walk the rest of the time until you are at 30 minutes.

### **Tuesday**

Bike. Warm up for 5 minutes on the bike of your choice at an effort level of 3 out of 10 which is about what you did last week. Then, for 10 minutes, bring the effort level to a 5 out of 10. This will get your heart rate higher, but you should still be able to get out complete sentences if you need to (conversational level). Then, for the next 5 minutes, bring the effort level to a 6 out of 10. This is slightly harder than what you were just doing. If you were asked to talk, it would be doable, but you would have to take some extra breaths. After that, cool down for the last 10 minutes back to a level of 3 out of 10.

### **Wednesday**

Swim. Float for 5 minutes getting used to the water. Remember to blow air out with your face in the water.

While maintaining the form that you learned last week, go from one end of the pool to the other (25 yards or meters) at an easy pace. If your form breaks, you will slow down as you are producing a lot of drag which will prevent you from being efficient. Drag will make you work harder to move your body forward at the same speed. So, maintain your form streamlined as much as possible.

Once you reach the end of the pool, rest! Then, go back to the beginning, another 25 yards or meters, maintaining your form. Again, the pace is easy. Rest again once you get to the end.

Go down 25 yards or meters again and rest. Then, come back 25 yards or meters again and rest. You should still have some time left to play in the water to get used to how it feels. Do this until your 30 minutes are done.

### **Thursday**

Walk/Jog. You will walk for 90 seconds and then jog at a very easy pace for 30 seconds. Repeat until you have completed one mile. Walk the rest until you are at 30 minutes.



### **Friday**

Bike. Warm up for 5 minutes at an effort level of 3 out of 10. Then, for 10 minutes, increase the effort level to 5 out of 10 (conversational level). The next 5 minutes, bring it back down to 3 out of 10, but this time while standing on the pedals (not sitting). Finish the training session sitting on the seat with an effort level of 3 out of 10 cooling down for the last 10 minutes.

### **Saturday**

Walk 1.5 miles at an easy pace. This will help loosen up the legs.

### **Sunday**

Rest day! Week 2 completed!

---

## **Week 3**

This week it is time to build up more stamina and strength!

### **Monday**

Walk/Jog. Walk 90 seconds and jog for 45 seconds. Repeat until you reach 1.5 miles. Walk the rest until you reach 30 minutes.

### **Tuesday**

Bike. Spin for 30 minutes at an effort level of 3 to 5 out of 10 depending on how you feel. This will help recover your legs from yesterday's workout.

### **Wednesday**

Swim. Easy 6 x 25 yards or meters while maintaining your form. Rest for no more than 1 minute between each 25 yards. If time remains, more pool play until you reach 30 minutes.

### **Thursday**

Walk/Jog. Walk 90 seconds and jog for 45 seconds. Repeat until you reach 1.5 miles. Walk until you reach 30 minutes.

### **Friday**

Bike. Spin for 30 minutes at an effort level of 3 to 5 out of 10 depending on how you feel. This will again help recover your legs from yesterday's workout.

### **Saturday**

Walk 2 miles at an easy pace.

### **Sunday**

Rest day! Week 3 completed!

---

## **Week 4**

Intensity is the reason for this week. It will be a hard week so be ready mentally!



### Monday

Run an entire mile without stopping! Make sure that you go at a pace where you can maintain the entire mile. This is not fast at all! Adjust your pace to go faster if you are feeling good and slow your pace down if you are feeling tired. Adjusting your pace up and down during the entire run will help you get a feel for how your body handles what it is doing. The important part is try not to stop!

### Tuesday

Bike. Warm up for 5 minutes at an intensity of 3 out of 10. Then, for the next 10 minutes, ramp up the intensity to 6 or 7 out of 10. For the next 10 minutes, take it down a notch to 4 or 5 out of 10 for the intensity level. Cool down for the last 5 minutes at an intensity level of 3 out of 10.

### Wednesday

Swim. Warm up with an easy 2 x 25 swim. Then ramp up at an intensity of 6 to 7 out of 10 for 8 x 25 with 30 seconds rest in between. It is important to try to maintain your form! If it breaks down, go at a lower intensity as needed for each 25 yards, but not lower than 5 out of 10. Easy swim until you reach 30 minutes. If you don't finish, that is OK! Do as much as you can!

### Thursday

Interval Running. If you can go to a track this will be easier to do as it is a half of a lap. On a treadmill, the number is 0.12 for the first and 0.13 for the second one. What you will be doing is walk the first 200 yards or meters (half lap), then and then run the next 200 yards or meters (half lap) at an intensity level of 6-7 out of 10. Do these sets (walk/run = 1 set – equivalent to one full lap on a track) 6 times which will total 1.5 miles. Walk until you reach 30 minutes.

### Friday

Bike easy for 30 minutes. This will help you recover and get rid of the soreness that you will get from the interval runs from yesterday.

### Saturday and Sunday

Rest to recover! This was a hard week. Look at how far you have come in just less than a month! Week 4 completed!

---

## **Week 5**

This week will get you back to building up your distances to go longer.

### Monday

Jog for 30 minutes (no music for this workout) at an intensity level of 3 to 4 out of 10. Try to do it without walking. This means that you need to find the level where you can go the entire workout. **Listen to your body.**

### Tuesday

Bike. 5 minutes warm up at an intensity level of 3 out of 10. 1 minute sprints at an intensity level of 8 out of 10 with 2 minutes recover at an intensity level of 3 out of 10. Repeat five times. Then, stand for 5 minutes at an intensity level of 5 out of 10. Finish sitting with a 5 minutes cool down at an intensity of 3 out of 10.



### **Wednesday**

Swim. Warm up for 5 minutes. Then do 8 x 25 at 6 out of 10 intensity with 30 second rests between each 25 length. Then easy swim until you reach 30 minutes.

### **Thursday**

Run. Warm up for 5 minutes. Then do 1 minute at an intensity of 6 to 7 out of 10 with 60 seconds at an intensity of 3 out of 10. Repeat until you reach 30 minutes.

### **Friday**

Swim for 30 minutes at a comfortable pace without stopping. This should be at an intensity of 3 or 4 out of 10.

### **Saturday**

Bike for 45 minutes or 7 miles (whichever comes 1<sup>st</sup>)

### **Sunday**

Rest day! Time to recover! Week 5 completed!

---

## **Week 6**

Consistency is the key to this week's training.

### **Monday**

Run for 30 minutes at an intensity of 5 out of 10.

### **Tuesday**

Bike for 30 minutes at an intensity of 5 out of 10.

### **Wednesday**

Swim for 30 minutes at an intensity of 5 out of 10. When you go down the length of the pool and reach the wall, just grab the wall, turn around and push off. I am not asking for a fancy "flip turn" as you may see others do.

### **Thursday**

Rest and recovery day!

### **Friday**

Rest and recovery day!

### **Saturday**

**Your First Brick workout!** A brick workout is where you do back to back workouts. Mostly, it consists of a bike ride and then a run. This will be your first one of many. It will help you with transitioning from biking to running, which takes some time to get used to if you have never done this before. For this workout (no music for this workout), you will do a 5 mile bike ride followed by a 1.5 mile run. Make the transition from biking to running as quickly as possible, but it doesn't have to be a formal transition training plan (more on that later).



### **Sunday**

Rest and recovery day! You are now halfway through your training and have been able to increase your distances and intensity! Great job! Week 6 complete!

---

### **Week 7**

We are building up your intensity again to get your body used to going hard. This will be another one of those killer weeks, but I know you can do it!

### **Monday**

Interval Running. Warm up for 5 minutes. 16 x 200s. Run at 6-7 intensity for 200 meters (1/2 lap on a track or 0.12 on a treadmill) with the next 200 meters at the intensity of 5. This is 2x200. Do 7 more sets of these. Do as many as you can! If you finish before 30 minutes, then easy jog for 30 minutes. If you don't finish all of them, that is OK. Do as many as you can!

### **Tuesday**

Bike. Easy spinning for 30 minutes at an intensity of 4 out of 10.

### **Wednesday**

Swim. Warm up for 5 minutes. Then do 4 x 50s at an intensity of 5 (no "flip turns"). 30 seconds rest between each 50. Finish by easy swim to 30 minutes.

### **Thursday**

Bike. Warm up for 5 minutes. 2 minutes hard at intensity of 7. Then 1 minute at intensity of 3. Do this 5 times (2 minutes hard/1 minute easy). When the sets are done, spin while standing for 5 minutes at intensity of 5. Finish sitting with a 5 minutes cool down.

### **Friday**

Run 30 minutes (no music for this workout) or 2 miles whichever comes first. Intensity of 5.

### **Saturday and Sunday**

Rest and recover! This was a hard week and you made it through. Great job!

---

### **Week 8**

You are building from last week's intensity. This week will finish 3/4s of the training. Almost done!

### **Monday**

Run 30 minutes (no music for this workout) or 2 miles at intensity of 6 or 7. Listen to your body!

### **Tuesday**

Bike 30 minutes at intensity of 5.

### **Wednesday**

Swim. Warm up 5 minutes. 4 x 50s intensity of 6 or 7. 30 second rests between 50s. Finish session to 30 minutes easy.



ADDICTED2TRIATHLON

### **Thursday**

Bike. Warm up for 5 minutes (no music for this workout). 3 minutes at intensity 7 with 1 minute at intensity 3. Repeat 5 times. 5 minute cool down.

### **Friday**

Run 30 minutes (no music for this workout) or 2 miles at intensity of 6 or 7.

### **Saturday and Sunday**

Rest and recover! You deserve it!

---

## **Week 9**

This week is to see how you have progressed. Keep track of what you have done and look back on it again when you are in week 12!

### **Monday**

Swim at intensity of 6 or 7 for 30 minutes.

### **Tuesday**

Run at intensity of 6 or 7 for 30 minutes.

### **Wednesday**

Rest day.

### **Thursday**

Bike at intensity of 6 or 7 for 30 minutes.

### **Friday**

Rest day.

### **Saturday**

Brick (no music for this workout)! 7.5 mile bike ride followed by a 2 mile run

### **Sunday**

Rest day.

---

## **Week 10**

This week is to recover from the last few weeks' work out. This will give your muscles a chance to grow and your aerobic engine to rebuild.

### **Monday**

Bike. Spin for 30 minutes at the intensity of 4.

### **Tuesday**

Swim a 300 without stopping at intensity of 3. Stop when done.



ADDICTED2TRIATHLON

### Wednesday

Run for 30 minutes without stopping at intensity of 4.

### Thursday

Rest day.

### Friday

Rest day.

### Saturday

Brick workout (no music for this workout). 8 mile bike ride followed by 2.5 mile run.

### Sunday

Rest even more to get ready for next week!

---

## **Week 11**

This is your last hard week of training before your race! You are doing great!

### Monday

Run 30 minutes or 2.5 miles, whichever comes first, at the intensity of 6 or 7.

### Tuesday

Bike for 30 minutes at the intensity of 6 or 7.

### Wednesday

Swim for 30 minutes at intensity of 6 or 7.

### Thursday

Brick (no music for this workout). Bike 15 minutes followed by a run for 15 minutes. Intensity of 6 or 7 for both bike and run.

### Friday

Rest day.

### Saturday

**Transition Training!** Set up a transition area to get ready for the race. This is where you will hone your skills at the two different transition parts of a triathlon (T1 and T2). You will also get a good workout at the same time!

First, setup your transition area. If you don't have a horizontal bar, you can just setup your bike next to your car or wall. You will need some water to get sprayed with. Now you get to pretend to go through your triathlon!

Stand about 10 to 20 yards away from your transition area in your full swim gear (with swim cap, goggles, and whatever else you will be using during your swim). Have someone spray you with a hose for about 5 to 10 seconds. Then, run to your transition area. Dry off with your towel as quickly as possible. Put your goggles and swim cap down neatly in your area and put on your top (if you weren't already





wearing it), socks, shoes, helmet (must be clipped) and sunglasses – whatever you need for the bike ride. *The trick is to set down your transition gear in the reverse order that you will need it. So, when you start grabbing them, it is in the correct order you need it.* I put all my gear inside my helmet (except my shoes) to make it even easier.

Then, “unrack” your bike and run with it to the “Mount Line”. Get on your bike and ride ½ mile (race pace intensity of 6-8). Make sure that you practice drinking fluids while on your bike to rehydrate your body. As you come back towards your transition area, practice slowing down and stopping before the “Dismount Line”. Run with your bike back to the transition area.

“Rack” your bike, take off your helmet, and change shoes if needed. Put on your race belt (pretend to put the number in the front) and hat and run out of the transition area for a ¼ mile (race pace intensity of 6-8). Run across the finish line with your hands in the air for your awesome finisher picture! Repeat this transition training so that you do it for a total of 6 times!

### **Sunday**

Rest day. Next week is race day so you will be entering Taper Week!

---

## **Week 12**

Taper week is here that will end with Race Day! You will do some workouts this week, but it has the purpose of loosening up your muscles and recovering. Watch out as you might get grumpy towards the end of this week since you will have stopped working out later in the week! You might also feel some odd pains or niggles in parts of your body. This is also normal.

### **Monday**

Bike 30 minutes at the intensity of 3.

### **Tuesday**

Run 30 minutes at the intensity of 3.

### **Wednesday**

Swim 30 minutes at the intensity of 3.

### **Thursday / Friday**

Rest day.

### **Saturday**

Rest. No need to eat pasta to carbo load as your body is carbo loading naturally during the week since you are working out less. Do not overeat as it may stay in your system too long and slow you down in the race. Get your race packet and organize your stuff so that it is ready in the morning. Use the **Race Gear Checklist** on our download page as a guide (the two checkboxes are for bringing your gear there, and then taking your gear back home so you don't forget). Try to get some sleep!

### **Sunday**

Race day is here! Eat your breakfast early enough so that it digests. Drink fluids (but don't overdo it). Get there in plenty of time to setup your transition area. Go to the bathroom and lose some extra weight! Be mentally ready to finish! You have worked hard and you are ready to enjoy your first triathlon!