



SAMPLE SPRINT TRIATHLON NOVICE TRAINING PROGRAM

The following training plan is designed for individuals who are new to triathlons. It has gradual mileage increases in each of the three race disciplines. The goal of this plan is to allow the participant to simply finish a triathlon, with no PR time in mind. In addition to the training provided in this plan, it is crucial to have an adequate warm-up and cool-down, including dynamic stretching.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run: 1.75 miles	Swim: 400 meters	Bike: 6 miles Run: 1.5 miles	Swim: 300 meters	Run: 1.75 miles	Swim: 250 meters Bike: 6 miles	Rest
Week 2	Run: 1.75 miles	Swim: 450 meters	Bike: 7 miles Run: 1.75 miles	Swim: 350 meters	Run: 1.75 miles	Swim: 250 meters Bike: 6 miles	Rest
Week 3	Run: 2 miles	Swim: 500 meters	Bike: 8 miles Run: 2 miles	Swim: 400 meters	Run: 2 miles	Swim: 300 meters Bike: 7 miles	Rest
Week 4	Run: 2 miles	Swim: 550 meters	Bike: 9 miles Run: 2 miles	Swim: 450 meters	Run: 2 miles	Swim: 350 meters Bike: 7 miles	Rest
Week 5	Run: 2 miles	Swim: 600 meters	Bike: 11 miles Run: 2 miles	Swim: 500 meters	Run: 2 miles	Swim: 400 meters Bike: 8 miles	Rest
Week 6	Run: 2.5 miles	Swim: 650 meters	Bike: 12 miles Run: 2.5 miles	Swim: 550 meters	Run: 2.5 miles	Swim: 450 meters Bike: 9 miles	Rest
Week 7	Run: 2.5 miles	Swim: 700 meters	Bike: 13 miles Run: 2.5 miles	Swim: 600 meters	Run: 2.5 miles	Swim 500 meters Bike: 10 miles	Rest
Week 8	Run: 3 miles	Swim: 750 meters	Bike: 14 miles Run: 3 miles	Swim: 650 meters	Run: 3 miles	Swim: 550 meters Bike: 11 miles	Rest
Week 9	Run: 3 miles	Swim: 800 meters	Bike: 15 miles Run: 3 miles	Swim: 700 meters	REST	Run: 3 miles Swim: 600 meters Bike: 14 miles	Rest
Week 10	Run: 3.5 miles	Swim: 900 meters	Bike: 15 miles Run: 3 miles	Swim: 800 meters	Run: 3.5 miles	Swim: 650 meters Bike: 15 miles	Rest
Week 11	Run: 3.5 miles	Swim: 900 meters	Bike: 16 miles Run: 3 miles	Swim: 700 meters	Run: 3 miles	Swim: 600 Bike: 14 miles	Rest
Week 12	Run: 3 miles	Swim: 600 meters	Bike: 5 miles Run: 1.5 miles	Rest	Run: 2 miles	Race Day!!!	Rest

KEY:

Warm-up: Use an active warmup and walk five minutes at an easy pace before every run.

Cool down: Walk five minutes at an easy pace and stretch/foam roll after every run.

