



12 Week

Intermediate Sprint Triathlon Triathlon Training Program

thetrilife.com 

Any questions? Contact us!

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Monday Day off Base	Tuesday Bike Duration (P): 0:45:00 Workout Description: Pick a course with small undulations. Remain seated on hills. Comfortably high cadence aiming for 90rpm and over. EFFORT LEVEL: HR Zones: 1-2 Run Duration (P): 0:30:00 Workout Description: Pick a rolling course. Work hills HR raising to Zone 3. Accumulate 15mins of dipping in and out of Zone 3.	Wednesday Swim Duration (P): 0:45:00 Workout Description: Warm Up: Flexibility/mobility poolside then 200 swim FC Drills: 50 CU, 50FC 50 Drill 1, 50 FC 50 CU, 50 FC 50 Drill 1, 50 FC And repeat the drills above. Main Set: 8x100 with 20 seconds recovery. Cool Down 200 FC/BK EFFORT LEVEL: HR Zone: 3	Thursday Bike Duration (P): 1:00:00 Workout Description: Ride an undulating course with small hills that take your HR up to Zone 3. Accumulate 15mins of dipping in and out of Zone 3. Run Duration (P): 0:30:00 Workout Description: Easy relaxed running. EFFORT LEVEL: HR Zones: 1	Friday Swim Duration (P): 0:45:00 Workout Description: Warm Up: Flexibility/mobility poolside then 100FC/100pull 4x50 descend (each 50 gets faster than the one before) rec 20 sec. Main Set: 3x300 with 30 seconds recovery. Cool Down: 200 EFFORT LEVEL: HR Zones: 2-3	Saturday Run Duration (P): 0:45:00 Workout Description: Select a course with some gentle climbs. Can run off road. Allow effort level to rise on up hills but don't push it. EFFORT LEVEL: HR Zones: 1-2	Sunday Bike Duration (P): 1:45:00 Workout Description: Ride on a rolling course. Remain seated on climbs. EFFORT LEVEL: HR Zones: 1-2
						SUMMARY Swim: 1:30:00 Bike: 3:30:00 Run: 1:45:00 Total: 6:45:00

Monday Day off BUILD 2 .	Tuesday Bike Duration (P): 1:00:00 Workout Description: Warm up well. Pick a course with a moderate hill. Ride 6x20sec sprints up this hill. HR raising to Zone 5+. Get out of saddle to build up to speed then sit for remainder. Recovery for 2-3mins between. Keep cadence at 90 rpm EFFORT LEVEL: HR Zones: All Run Duration (P): 0:50:00 Workout Description: Warm up well, Main Set: 6x4mins (recovery 90sec-2min of slow jogging) followed by 4x60sec hills. Slow jog back recovery. Proud posture, good knee lift. Build to HR Zones: 4-5. Warm down well.	Wednesday Swim Duration (P): 1:00:00 Workout Description: Warm Up: Flexibility/mobility poolside then 150 swim FC/100kick Drills: 50 CU, 50FC 50 Drill 1, 50 FC 50 CU, 50 FC 50 Drill 1, 50 FC Main Set: 5x200 @ T pace X2 with 10sec rest. Cool Down 200 FC/BK	Thursday Bike Duration (P): 1:15:00 Workout Description: Warm up well. Main Set: 5x6mins on an incline of 2-4% with 2-3mins recovery spin. Stay aero as much as possible. Gradually build each repetition to Zones 4-5. Run Duration (P): 0:30:00 Workout Description: Easy relaxed running. Within run insert 6x30sec accelerations @ 5k race pace. Recover well in between. EFFORT LEVEL: HR Zones: 1-3	Friday Swim Duration (P): 1:00:00 Workout Description: Warm Up: Flexibility/mobility poolside then 100FC/100pull 4x50 as 1. 6strokes fast, 2. 8strokes fast, 3. 10 strokes fast, 4. 12 strokes fast. rec 20sec Main Set: 500 at T pace, 40sec recovery 2x50 Fast 20 sec rec 400 at T pace, 30 sec rec 2x50 Fast 20 sec rec 300 at T pace, 20 sec rec 2x50 Fast 20 sec rec 200 at T pace 10 sec rec 2x50 Fast 20 sec rec Cool Down: 200 easy swim FC/BK EFFORT LEVEL: HR Zones: 2-4	Saturday Swim: Open Water Duration (P): 0:30:00 Workout Description: Warm Up: 200 easy Main Set: 200 build, long strokes. 1min rest 5x50m (approx 30-45strokes) hard. 1min rest 200 steady, long strokes. Cool Down: 200 easy Skills: Practice turning and sighting Brick Duration (P): 2:00:00 Workout Description: Ride for 1hr 40min in HR Zones 2-3 on a rolling course. Off the bike run for 20mins with the 1st 10mins at race pace. Think of good cadence. Aim should be 30 right foot strikes in 20sec.	Sunday Run Duration (P): 1:00:00 Workout Description: Long steady run. Can run on undulating course, can run off road for variety. EFFORT LEVEL: HR Zones: 1-3
SUMMARY Swim: 2:30:00 Bike: 2:15:00 Run: 2:20:00 Brick: 2:00:00 Total: 9:05:00						