



13-WEEK

TRIATHLON TRAINING PLAN

Got your gear ready, compression sleeves on, and course picked out? Let's start training! Follow this 13-week plan and be ready to win the Sprint Triathlon.

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	Swim 300 metres	Bike for 20 minutes	Run for 15 minutes	Swim 300 m	Bike for 25 minutes	Run for 15 minutes
WEEK 2	Rest	Swim 400 m	Bike for 25 min	Run for 20 min	Swim 400 m	Bike for 30 mins	Run for 20 mins
WEEK 3	Rest	Swim 500 m	Bike 30 mins	Run 25 mins w/ 4 sprint intervals	Swim 500 m	Bike 35 minutes	Run 25 minutes
WEEK 4	Rest	Swim 200 m easy, 200 m fast (2x 100 m) 200 m easy.	Bike 35 mins with 2 3-minute top speed intervals	Run 30 mins	Swim 200 m easy, 100 m fast, 200 m easy. Do 5 mins of drills.	Brick: Bike 30 minutes, then run for 10	Run 30 minutes

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 5	Rest	Swim 200 m easy, 200 m fast (2x 100 m), 200 m easy. Do 5 mins of drills.	Bike for 30 minutes	Easy jog for 5 mins, run for 25 minutes, easy walk for 10 mins	Swim 200 m easy, 200 m fast (4x 50 m), 200 m easy. Do 5 minutes of drills.	Bike 25 minutes	Run for 25 minutes
WEEK 6	Rest	Swim 200 m easy, 400 m fast (2x 200 m), 200 m easy. Do 10 minutes of drills.	Bike for 40 minutes with 5x 1-minute 'sprint' intervals	Easy jog for 5 minutes, run for 30 minutes, easy walk for 10 minutes	Swim 200 m easy, 400 m fast (4x 100 m), 200 m easy. Do 10 minutes of drills.	Bike for 45 minutes	Run 10 minutes easy, 10 minutes fast, 10 minutes easy
WEEK 7	Rest	Swim 200 m easy, 400 m fast (2x 200 m), 200 m easy. Do 10 minutes of drills.	Bike for 45 minutes with 2 5-minute 'sprint' intervals mixed in	Easy jog for 5 minutes, run 35 minutes, easy walk for 10 minutes	20 minutes of open-water swim practice	Brick. Bike for 40 minutes, then run for 15 minutes	Run for 40 minutes
WEEK 8	Rest	Swim 200 m easy, 400 m fast (4x 100 m), 200 m easy. Do 10 minutes of drills	Bike for 50 minutes with 5 1-minute 'sprint' intervals mixed in	Easy jog for 5 minutes, run for 35 minutes, easy walk for 10 minutes	Swim 200 m easy, 300 m fast (4x 75 m), 200 m easy. Do 10 minutes of drills	Bike for 55 minutes	Run for 35 minutes with 3-4 sprint intervals

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 9	Rest	Swim 200 m easy, 100 m fast (4x 25 m), 200 m easy. Do 5 minutes of drills	Bike for 40 minutes	Run for 40 minutes	20 minutes of swimming in open water	Bike for 45 minutes	Run for 30 minutes
WEEK 10	Rest	Swim 200 m easy, 600 m fast (3x 200 m), 200 m easy. Do 5-10 mins of drills	Bike 15 minutes easy, 20 minutes fast, 15 minutes easy	Run for 40 minutes	Swim 200 m easy, 500 m fast (5x 100 m), 200 m easy. Do 5-10 mins of drills	Bike for 1 hour	Run 10 minutes easy, 15 minutes fast, 10 minutes easy
WEEK 11	Rest	Swim 200 m easy, 500 m fast (5x 100 m), 200 m easy. Do 10 mins of drills	Bike for 45 minutes	Run for 45 minutes	25 minutes of swimming in open water	Brick: Bike for 45 minutes and run for 15	Run for 40 minutes
WEEK 12	Rest	Swim 200 m easy, 600 m fast (6x 100 m), 200 m easy. Do 5-10 mins of drills	Bike 15 minutes easy, 20 minutes fast, 15 minutes easy	Run for 45 minutes	Swim 200 m easy, 375 m fast (5x 75 m), 200 m easy. Do 5-10 mins of drills	Bike for 1 hour	Run 10 minutes easy, 15 minutes fast, 10 minutes easy

WEEK 13

	MON	TUES	WED	THURS	FRI	SAT
	Rest	Swim 200 m easy, 300 m fast (6x 50 m), 200 m easy. Do 5 mins of drills.	Bike for 30 minutes	Run for 15 minutes	Rest	Race!

Do note that this is a guide, not triathlon law. You can switch your rest day from Monday to Wednesday, do open water practice in a different week depending on the weather, do 0-20 minutes of swim drills depending on how experienced a swimmer you are, et cetera.

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