

Get Off The Couch to Sprint Training Plan – 13-weeks

You're determined to do your first tri (or maybe after some time off you are getting back into it). This training plan will ensure a safe, successful race. Consult your doctor to be sure your body can handle this training program.

This plan focuses on duration of training, not speed or distance. Don't worry how far you can go in the time allotted, especially in the first few weeks. Endurance in each of the disciplines will build upon themselves and you will see you will ramp up endurance across each fairly quickly.

The plan uses the bike training to build your endurance. The bike is lowest impact, and you can regulate the intensity of the bike depending on the course you choose. It's always a good idea to have some hills on your rides, even if your bike course will be flat. Hills build strength and endurance.

Download the excel version. Insert the actual dates leading into the race to stay on track. Feel free to move things around a bit based on your personal schedule.

Most people worry about the swim. It takes time to build up endurance, so when training swim freestyle as much as you can, but use a breast stroke or another stroke if you need to. The objective is to freestyle the full distance during the race – and use breast stroke for spotting.

Open water swimming is very different from in a pool, so be sure to get in open water swims. If you can do this for training, great. But consider just a few relaxing swims in open water to get used to the darkness, lack of lane lines, and to practice spotting items on the horizon. A wetsuit is highly recommended during the race. It will make you much faster because of the buoyancy, and will be safer should you tense up. We recommend sleeveless for your first tri for the extra mobility it provides your arms. And in open water the distance will seem much further than in a pool, which has walls to push off of.

By week 19 or 10, your training should be about 10-15% further than the distance in the event.

And in week 11 and 12, take time to practice setting up a transition area and do a few transition walk-throughs.

Good luck, have fun and be safe!

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off	Swim-15 Run-15	Bike-45	Run-15	Off	Swim-15	Bike-45
2	Off	Swim-15 Run-20	Bike-45	Run-20	Off	Swim-20	Bike-45
3	Off	Swim-20 Run-20	Bike-45	Run-25	Off	Swim-20	Bike-45
4	Off	Swim-25 Bike-50	Run-25	Swim-25	Off	Bike-50	Run-25
5	Off	Swim-25 Bike-50	Run-25	Run-30	Off	Swim-25	Bike-45
6	Off	Run-15	Bike-25	Run-15	Off	Bike-50	Swim-25
7	Off	Run-15	Bike-30	Bike-25	Off	Run-20	Swim-25
8	Off	Swim-25 Bike-35	Run-30	Bike-60	Off	Swim-30	Run-30
9	Off	Swim-25 Bike-35	Run-30	Swim-30	Off	Bike-35 Run-20	Run-30
10	Off	Swim-30 Run-30	Bike-45	Run-45	Off	Swim-30	Bike-60
11	Off	Swim-25 Bike-30	Run-25	Bike-35	Off	Swim-25	Bike-55 Run-30
12	Off	Swim-25	Off	Run-30	Off	Bike-45	Swim-25
13	Bike-15	Off	Off	Swim-25	Run-15	Off	Race Day!!!
	Sprint Distance:		Swim - 0.6mi, Bike - 12.4mi, Run - 3.1mi				