



The training plan

This plan* gives you four key sessions a week, plus an additional one of your choice – you can choose to do this in any of the disciplines. One week you might want to work a bit harder on your weakest discipline, but the following week you might just fancy another run if that's your regular sport. The point is that the plan is flexible and gives you plenty of variety. rather like triathlon itself. Swap the sessions around if you want to, the schedule here is just a guideline. Make sure you take two days off each week. Stretch after each session and keep hydrated by drinking plenty of water.

This plan is designed for a reasonably fit first time triathlete, if you are used to training a couple of times a week then you should be fine to step up to this level. If at any point you get injured then seek professional advice, or if you feel overly tired then you should take a break. If you miss your planned event then so be it, there will be plenty of others.

Above all enjoy the challenge. Good luck.

MON	Rest	Comments	WEEK ONE
TUES	Run: 20 minutes easy pace		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 20 minutes. Repeats - 4 lengths, then rest for 2 mins		
FRI	Rest		
SAT	Brick Session: Bike 20 minutes then run 10 minutes straight		
SUN	Bike: 45 minutes – easy pace outdoors		

MON	Rest	Comments	WEEK TWO
TUES	Run: 20 minutes easy pace, include a few 2 minute bursts		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 20 minutes. Repeats - 6 lengths, then rest for 2 mins		
FRI	Rest		
SAT	Run: 25 minutes easy pace		
SUN	Bike: 30 minutes – inside or outdoors		

MON	Rest	Comments	WEEK THREE
TUES	Run: 30 minutes, push hard for last 10 minutes, cool down		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 25 minutes. Repeats - 4 lengths then rest for 2 mins		
FRI	Rest		
SAT	Brick Session: Bike 20 minutes then run 15 minutes straight		
SUN	Bike: 45 minutes – outdoors		

MON	Rest	Comments	WEEK FOUR
TUES	Run: 25 mins – include 3 x 3 minute hard bursts		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 30 minutes. Repeats - 10 lengths then rest for 2 mins		
FRI	Rest		
SAT	Run: 30 minutes easy pace		
SUN	Bike: 45 minutes, find some hills this week!		

MON	Rest	Comments	WEEK FIVE
TUES	Run: 25 minutes, push hard for last 10 minutes, cool down		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 30 minutes. Repeats - 10 lengths then rest for 1 mins		
FRI	Rest		
SAT	Run: 40 minutes easy		
SUN	Bike: 45 minutes		



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MON	Rest	Comments	WEEK SIX
TUES	Run: 30 minutes easy pace		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 40 minutes. Repeats - 4 lengths, then rest for 30 secs		
FRI	Rest		
SAT	Brick Session: Bike 30 minutes hard then run 10 mins easy		
SUN	Bike: 45 minutes – easy pace outdoors		

MON	Rest	Comments	WEEK SEVEN
TUES	Run: 30 mins easy pace		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 500m continuous, not too hard - nice and steady		
FRI	Rest		
SAT	Run: Bike 30 minutes hard then run 10 mins easy		
SUN	Bike: 30 minutes – inside or outdoors		

MON	Rest	Comments	WEEK EIGHT
TUES	Run: 30 minutes easy pace		
WEDS	Choice session: make it fun and easy		
THURS	Swim: 30 minutes. Repeats - 4 lengths, then rest for 30 secs		
FRI	Run 20 mins easy		
SAT	Rest		
SUN	RACE DAY – Good luck! Have a great race		

- Triathlon is one of the fastest growing sports in the UK is attracting hordes of women from all walks of life.
- Women are taking it up from every background you can imagine - all very different shapes, sizes and fitness levels... triathlon is most definitely not just for the super fit.
- Races take place all over the UK and with vastly varied distances – with women only, novice events, short sprint events, pool or open water swims, you're spoilt for choice.
- Your own background in sport and current fitness level will be the deciding factors in the type of race you choose and the distance you go for. Your first race should ideally be challenging, yet realistic.
- Don't go for something too extreme, which could put you off and likewise if you already have a high level of fitness, don't go for something too tame, which won't provide a challenge.
- Most women prefer to start with a pool based, novice or sprint event and gradually build their way up. A sprint is normally a 500m swim, 24km bike and 5km run and is a perfect starting point for your first event, likely to take in the region of 1.5 hours or so.
- The key to triathlon success is becoming as competent and fit as you can in each of the three disciplines. If you are already a good swimmer, you need to focus more on biking and running, and if you can already run then spend more time in the pool and on your bike.
- Think about trying to work on your weaknesses, but at the same time maintain your strongest discipline.

* This training programme is intended as a guide to help prepare for a sprint triathlon for a relatively fit person (someone who is used to training 2-3 times a week). If at any time during your training you feel unwell or have an injury you must stop and seek expert advice. Sportsister accepts no responsibility for injury or loss of life as a result of using this training programme. Above all we hope that you enjoy the event and feel well prepared for the day.