



### UVM Triathlon Club Sprint Triathlon Training Program

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim 1000yd/Strength	Bike 45:00	Run 15:00	OFF	Swim 1000yd/Strength	Bike 60:00	Run 25:00 (w/ 6-8striders)
2	Swim 1200yd/Strength	Bike 55:00	Run 20:00	OFF	Swim 1200yd/Strength	Bike 65:00	Run 30:00 (w/ 6-8striders)
3	Swim 1400yd (MS: 5*200)/Strength	Bike 60:00	Run 25:00	OFF	Swim 1400yd/Strength	Bike 70:00	Run 35:00 (MS: 3*1 mile w/4" recovery)
4	Swim 1000yd/Strength	Bike 45:00	Run 15:00	OFF	Swim 1000yd/Strength	BRICK: Bike 45:00/Run 10:00	Run 25:00 (w/ 6-8striders)
5	Swim 1200/Strength	Bike 55:00	Run 20:00	OFF	Swim 1200yd/Strength	Bike 65:00	Run 30:00 (w/ 6-8striders)
6	Swim 1400	Bike 65:00	Run 25:00	OFF	Swim 1400 yd/Strength	BRICK: Bike 55:00/Run 15:00	Run 35:00 (w/ 6-8striders)
7	Swim 1600yd (MS: 9*100)/Strength	Bike 50:00	Run 30:00	OFF	Swim 1600yd	Bike 75:00	Run 40:00 (MS: 5*1000m w 3" recovery)
8	Swim 1000yd	Bike 45:00	Run 35:00	OFF	Swim 1000yd/Strength	BRICK: Bike 60:00/Run 20:00	Run 25:00 (w/ 6-8striders)
9	Swim 1400yd/Strength	Bike 70:00	Run 40:00	OFF	Swim 1400yd	Bike 80:00	Run 45:00 (w/6-8striders)
10	Swim 1600yd	Bike 80:00	Run 20:00	OFF	Swim 1600yd/Strength	Bike 90:00	Run 50:00 (6*800m w/2" recovery)
11	Swim 1200 yd (MS: 16*50)/Strength	Bike 50:00	Run 25:00	OFF	Swim 1200yd	BRICK: Bike 15:00/Run 10:00, 5*rest, Bike 15:00/Run 10:00, Bike 15:00/Run 10:00	Run 30:00 (w/ 6-8striders)
12	Swim 1000yd	Bike 40:00	Run 25:00	OFF	Swim 1000yd (MS: 10-15*25yd sprint)	OFF/Course Inspection/Equipment Preparation	RACE

<b>Legend</b>	recovery week	<b>Terminology</b>  <b>Strength:</b> total body resistance training, 2 sets of 15 reps, maintain proper form. Strength to <i>follow</i> swim, never before. <b>MS:</b> "Main Set" <b>Brick:</b> Bike/Run combination workout <b>Striders:</b> 100m accelerations, preferably on grass and slight decline	Intensity: most appropriately determined from physiological data and related to heart rate. Use of "age-predicted" maximum heart rates not completely accurate but could serve as a crude indicator. As such, "low" intensity would represent less than 65% of heart rate maximum (HRM). "Moderate" intensity, accordingly, would fall somewhere in the 65-85% HRM range, whereas "high" intensity would be 85-100% of HRM. Training with a heart rate monitor is highly recommended.
	key swim		
	key run		
	Brick		
	moderate intensity bike		
	low intensity bike		
	low intensity swim		
low intensity run			

Please note that this plan is generic and individual athletes may require significant modification for optimal performance. It is intended only as a framework for training structure.