

TIMEX® Sprint Distance Triathlon Train Smarter™ Plan by Dave Scott

Training Plan: Sprint Distance Triathlon
Training Level: Developing Athlete
Training Weeks: 10
Hours per Week: 3-7

Description:

This program is designed for the beginner or developing athlete. No experience is necessary in any of the disciplines, just a willingness to allocate 3 to 7 hours per week of training. The entire 10 week program is progressive in distance and workload for all 3 disciplines. Your confidence in completing a Sprint Distance race will be reinforced throughout the entire program. Have fun!

Key Principles:

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

Aerobic Heart Rate / Pace (A) - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart

L-1 pace is approximately 12-15" faster than aerobic pace and 10 beats higher than your aerobic heart rate. On shorter repeats you may not see a rise in heart rate-use pace. L-2 is approx. 25-30" faster than aerobic pace and 20 beats higher.

Marker Sets (MS) - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance. For information on products that help track your training click [here](#).

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	One	1	Main Set: 20 x 25	as needed	
Bike	One	1	4 miles		Easy
Run	One	1	Walk 2 1/2', Run 30", Repeat 4x		Easy. If run time is too long, shorten the run segment
ALL	One	2	OFF		
Swim	One	3	Marker Set: 4 x 100	45"	Note average pace on each swim. The goal will be to hold a steady state pace during the race. This set should be as steady as possible, moderate to hard.
Bike	One	3	5 miles		Easy
Run	One	3	Walk 3', Run 30", Repeat 4x		Easy, jog on the run segment
ALL	One	4	OFF		
ALL	One	5	OFF		
Swim	One	6	Main Set: 2 x 250 Free + Kick 4 X 50 flutter kick (use fins and a board)	20"	All Low Gear (LG) Keep rpm's between 95 - 110. Note average heartrate
Bike	One	6	6 miles Aerobic (A)		Note average heartrate
Run	One	6	Walk 4', Run 45", Repeat 4x		Note average heartrate
ALL	One	7	OFF		

Note: The 3 sessions per week discipline should be spaced out, based on your work and activity schedule. However, doing 2 or 3 sessions on one day is fine. This would be an exceptional training day. A day off the following day would be advised.

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Two	1	Main Set: 24 x 25	as needed	Keep track of your Rest Interval (RI)
Bike	Two	1	Marker Set: 8 miles		Hold steady; Check: average HR , Total Time, Total Distance
Run	Two	1	Walk 2.5 miles, Run 45", Repeat 4x		Check HR at the end of each run. Walk if necessary
	Two	2	OFF		
Swim	Two	3	Marker Set: 4 x 100 + 2 x 50	45" on 100's & 10" on 50's	Hold steady
Bike	Two	3	Marker Set: 4 x 2 mile in Time Trial Gear (TTG).	1'	Easy (LG) during RI
Run	Two	3	Marker Set: Walk 3', Run 45", Repeat 4x		Check HR on the run
	Two	4	OFF		
	Two	5	OFF		
Swim	Two	6	Main Set: 75 + 50+ 25 + 50 Kick, Repeat 4x	10"	Take longer rest if needed on the 3rd & 4th rounds
Bike	Two	6	9 miles (A) all L.G.		
Run	Two	6	Walk 45", Run 1', Walk 75", Run 90", Repeat 5x		All (A)
	Two	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Three	1	Main Set: 26 x 25	20"	
Bike	Three	1	10 Miles: 7 miles (A), 3 miles increase HR by 10 beats.		This is your goal Race Pace (RP).
Run	Three	1	Walk 2', Run 1', Repeat 6x		Hold (A) on walks. HR can go up 6-10 beats on the run
	Three	2	OFF		
Swim	Three	3	Marker Set: 4 x 125 + 4 x 50	125's RI 45", 50's RI 10"	Keep steady pace, though faster on the 50's. Note your average pace on the 125's.
Bike	Three	3	4 x 3 miles with RI (A) for 2 miles + 1 mile at RP		
Run	Three	3	Walk 2.5 miles, Run 45", Walk 2 miles, Run 45", Walk :90", Run 45", Repeat 3x		Hold HR steady on runs. Effort should feel hard.
	Three	4	OFF		
	Three	5	OFF		
Swim	Three	6	Main Set: 100 + 75+ 50 + 25, Repeat 3x	10"	
			Second Set: 12 x 25 free	20"	Hard
Bike	Three	6	Main Set: 12 miles (A): 50% in L.G., 50% in TTG		Marker: Check- HR, pace per mile, total time
	Three	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Four	1	Main Set: 30 x 25	20"	
Bike	Four	1	Marker Set: 12 miles= 8 miles (A) and 4 miles at RP		Check: total time, pace, HR averages on both segments
Run	Four	1	Walk 2', Run 90", Walk 90", Run 90", Walk 60", Run 60", Repeat 3x		Check: HR on the run, Perceived Exertion (PE), total distance covered
	Four	2	OFF		
Swim	Four	3	Marker Set: 150 + 4 x 125 + 4 x 75	20"	Hold steady
Bike	Four	3	4 x 3 miles with RI (A) for 2 miles + 1 mile at RP		
Run	Four	3	Walk 2.5', Run 75", Walk 1.5', Run 2', Walk 1' easy, Run 3', Repeat 3x		Walk Note: easy to (A), check HR. Run note: increase HR by 8-12 beats up to L-1
	Four	4	OFF		
	Four	5	OFF		
Swim	Four	6	Main Set: 125 + 100 + 75 + 50 + 25, Repeat 2x	20"	Hold steady
Bike	Four	6	Marker Set: 18 miles (A): 9 miles in LG, 9 miles in TTG. L-1		Check: HR, total time, pace per mile
Run	Four	6	Walk 30", Run 90", Walk 45", Run 3', Repeat 6x		All (A) on the Walk. Increase HR by 8-12 beats on the run. Run pace should feel moderately hard. Pace mile 3 of the run at RP.
	Four	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Five	1	Main Set: 3 x 25 + 50 Repeat 6x	25's RI 15" & 50's RI 20"	
Bike	Five	1	14 miles: 8 miles (A) and 6 miles at RP		
Run	Five	1	Walk 2', Run 90", Walk 90", Run 90", Walk 60", Run 60", Repeat 3x		Check: HR on the run, PE , total distance covered. The pace on the run should be 8-12 beats above (A). This is your RP goal.
	Five	2	OFF		
Swim	Five	3	Marker Set: 150 + 4 x 125 + 4 x 75	20"	Hold steady
Bike	Five	3	2 x 4 miles + 2 x 3 miles	30"	Hold final 2 miles of each segment at faster than RP . Note: HR , increase by 3-4 beats over RP
Run	Five	3	Walk 2.5', Run 75", Walk 1.5', Run 2', Walk 1' easy, Run 3', Repeat 3x		Walk Note: easy to (A), check HR . Run note: increase HR by 8-12 beats up to L-1. Note HR at the end of 2' and 3' run segments.
	Five	4	OFF		
	Five	5	OFF		
Swim	Five	6	Main Set: 125 + 100 + 75 + 50 + 25, Repeat 2x	20"	Hold steady
Bike	Five	6	16 miles		Steady (A) for 8 miles - highest speed possible for final 8 miles, Check: HR , total time, pace
Run	Five	6	Walk 30", Run 2', Walk 45", Run 4', Repeat 5x		All (A), Runs at RP
	Five	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Six	1	Main Set: 3 x 25 + 50, Repeat 6x	25's & 50 RI 15"	Faster pace than week 6
Bike	Six	1	14 miles: 8 miles (A) and 6 miles at RP		
Run	Six	1	Walk 2', Run 2', Repeat 7x		Marker: Hold HR at RP on each run, (A) on the each walk
	Six	2	OFF		
Swim	Six	3	Main Set: 250 + 6 x 25, Repeat 3x	15"	RP on the 250's, faster on the 25's
Bike	Six	3	2 x 4 miles + 2 x 3 miles	20"	Hold final 2 miles of each segment at faster than RP. Note: HR, increase by 3-4 beats over RP
Run	Six	3	5K at RP		This may be a combination of Walk/Run. Note average HR, PE, Pace per KM or mile.
	Six	4	OFF		
	Six	5	OFF		
Bike-Run	Six	6	Brick: B-R Bike: 18 miles- 2 miles (A) + 1 mile at RP, Repeat 6x		
				walk RI 45" between 1/2 mile segments	
	Six	7	Run: 6 x 1/2 mile OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Seven	1	Main Set: 3 x 25 + 75 Repeat 6x	25's RI 10" & 75's RI 15"	
Bike	Seven	1	Time Trial: 15 miles		Hold RP - Compare HR & speed from previous weeks
Run	Seven	1	Walk 2', Run 3', Repeat 6x		Marker: Hold RP , HR and pace on the run's. Note total distance
	Seven	2	OFF		
Swim	Seven	3	Main Set: 300 + 4 x 25 + 250 + 4 x 25	5"	RP on 350 and 250 and hard on the 25's
Bike	Seven	3	4 x 4 miles: 1 mile (A) and 3 miles at RP	1' after RP segment	
Run	Seven	3	6K at RP		Note average pace, PE , average HR
	Seven	4	OFF		
	Seven	5	OFF		
Bike-Run	Seven	6	Brick: B-R Bike: 19 miles at 12 miles (A) and 7 miles at RP Run: 1 mile, Walk 30", Repeat 3x		
	Seven	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Eight	1	Main Set: 3 x 25 + 75 , Repeat 6x	25's RI 10" & 75's RI 15"	
Bike	Eight	1	Time Trial: 15 miles		Hold RP . Compare pace of previous weeks
Run	Eight	1	Walk 2', Run 3', Repeat 6x		Marker: Hold RP , HR and pace on the run's. Note total distance
	Eight	2	OFF		
Swim	Eight	3	Main Set: 450 + 4 x 25 + 350 + 4 x 25	5"	RP on the 450 and 350, hard on the 25's
Bike	Eight	3	8 x 2 miles: 1 mile (A) + 1 mile 4 beats higher than RP	1'	
Run	Eight	3	6K at RP		Note average pace, PE , average HR
	Eight	4	OFF		
	Eight	5	OFF		
	Eight	6	OFF		
	Eight	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Nine	1	Main Set: 25 easy + 100 , Repeat 7x	25's RI 5" & 100's RI 10"	
Bike	Nine	1	Time Trial: 2 x 8 miles: 4 miles at RP and 4 miles at +4 beats above RP	2'	
Run	Nine	1	Walk 2', Run 3', Repeat 6x		Marker: Hold RP , HR and pace on the run's. Note total distance
	Nine	2	OFF		
Swim	Nine	3	Main Set: 550 + 250 + 150	5"	All at RP
Bike	Nine	3	4 x 4 mile: 1 mile (A) and 3 miles at RP	1'	
Run	Nine	3	7 KM - 4KM at (A) + 3KM at 4 beats above RP		
	Nine	4	OFF		
	Nine	5	OFF		
Bike-Run	Nine	6	Brick: B-R Bike: 30 miles - 3miles (A) + 2 miles at RP , Repeat 6x Run: 1.5 miles with RI of Walk for 45", Run 1 mile at RP with Walk 15", Run 1 mile (A)		
	Nine	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Ten	1	Main Set: 4 x 200 at RP	30"	This week there are several segments at RP . Based on your efforts you should have a definitive projection of your absolute race pace. This will be based on your HR , speed or pace, and perceived exertion.
Bike	Ten	1	6 x 2 miles at RP	2'	
Run	Ten	1	Walk 90" easy, Run 3' at RP , Walk 90" (A), Run 2 miles at RP , Repeat 3x	90"	
	Ten	2	OFF		
Swim	Ten	3	Main Set: 8 x 100 at RP Second Set: 200 (A)	30"	
Bike	Ten	3	2 x 3 miles with 1 mile (A) and 1 mile at RP and 1 mile at 4 beats above	1'	
Run	Ten	3	4K		Steady HR at L-1
	Ten	4	OFF		
	Ten	5	OFF		
Swim	Ten	6	Main Set: 8 x 50 at RP Second Set: steady 300 (A)	15"	
Bike	Ten	6	6 miles - alternate 1/2 mile (A) + 1/2 mile at RP		
Run	Ten	6	Walk 30", Run 2' at RP , Repeat 6x		
	Ten	7	RACE DAY		