

Super Sprint Triathlon Training Plan

	Sat	Sun	Mon	Tues	Wed	Thurs
1	Swim 30 min easy	Rest & Recovery		R 20 min easy		B 30 min easy
2	Run: warm up 1 mile. Repeats. Cool Down 1 mile	Rest & Recovery		S 5-10 min warm up Swim 15 min: 25 yards, recovery break at the wall. Any stroke without touching ground/wall for 25 yds. Tread water 1 minute		R 20 min moderate
3	B 3 miles/ R 1 mile	Rest & Recovery		S 5-10 min warm up Swim 20 min: 50 yards, breathing break at the wall. Any stroke without touching ground or wall for 50 yds. Tread water 1 minute		B 30 min easy
	<i>keepmovingmama.com</i>		916-690-7624			



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4	B 4 miles/ R 1 mile	Rest & Recovery		S 5-10 min warm up. Swim 100 yards continuous without touching. Breathing break at wall. Repeat 2x. Tread water 1 min.		R 10 min warm up, 10 min moderate, 10 min cool down
5	Swim 30 min/ B 4 miles	Rest & Recovery		S 5-10 min warm up. 200 yds. Tread water 1 min. repeat 200 yds this time practice sighting once each lap		B 30 min moderate
6	Practice tri at Rancho Seco	Rest & Recovery		S 5-10 min warm up. 200 yds race pace. Tread water 1 min. repeat 200 yds this time practice sighting once each lap		R 10 min warmup, 10 fast, 10 min cool down
7	B 5 miles/ Run 1 mi	Rest & Recovery		30 min practice any sport or brick		30 min practice any sport or brick
8	EVENT Day	Rest & Recovery		Tell everyone you are a TRIATHLETE!!		

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