

# *rgActive*

*Event Specific Training Programmes*



8 Week

SPRINT 'COMPLETE' TRIATHLON TRAINING PLAN

## Key Notes

Please find below an 8 week Sprint triathlon training plan to help you prepare for your event. This plan has the main objective of COMPLETING.

- ▶ Congratulations on your decision to tackle a Sprint distance triathlon. If you can apply yourself to the training over the next 8 weeks then you can really enjoy the day of the race and hopefully reap the beneficial fitness rewards that it can bring. In order to be able complete the training you should have a reasonable level of fitness at the start of the training.
- ▶ Before you begin the training it is worth considering your current state of health, and if you have any reservations as to whether you are able to complete the training or the race then you should consult your GP first. However, if you are generally healthy, know how to swim, how to ride a bike and you are not too overweight then you are ready to begin training for your triathlon experience. In 8 weeks your fitness can be drastically improved from where you are today and the thousands of men and women who compete in these events every year would testify that if you can be committed to the task in hand then you will be ready on race day.
- ▶ As a pre-requisite you should be able to swim 300m without stopping (12 lengths of a standard 25m pool), cycle for 30mins and run for 20mins. If you feel that you are not quite at that point yet then you will need to put a bit of extra work into the areas where you are weaker.
- ▶ This 8 week schedule will guide you through the training period, allowing enough time for rest and recovery in between sessions, and at a pace that builds gradually from a base of 4hrs 30mins per week through to a maximum of 8-9hrs per week. The programme is structured in such a way that you work in 4 week blocks, progressively building through weeks 1, 2 & 3, and then having a recovery week in week 4.
- ▶ The programme is self-explanatory and each session is broken down into what you need to do. The swim sessions are broken down and some swim drills are explained on the final page of the program.
- ▶ The intensity of the training in this programme is to be executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers. We would advise that if this kind of training is new to you that you are cautious to begin with until you can understand how your body reacts to the training. The full RPE scale is at the back of the programme.
- ▶ There is no strength or core training included in this programme. If you are already doing strength and core exercises we would advise that you continue with your regime but think about decreasing the number of strength and core sessions per week as the triathlon training should take priority. If you are not doing any strength and core work already then we would suggest that you could consider doing some light core work twice per week, but a strength training programme should not be started as well as trying to begin a triathlon
- ▶ We would strongly advise that as you get closer to the race day you ensure that you train using the exact equipment that you intend to use on race day, the same clothes, the same wetsuit, the same bike and trainers. You should not turn up on race day with brand new equipment to use.

Week 1			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60s rest between 100m Cool down		
Tuesday		5mins RPE-5 4 x 3mins RPE-8 / 2mins RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 3 x 4mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 1 x 300m 1 x 200m 1 x 100m 100m Cool down		
Friday	Rest	Rest	Rest
Saturday			20mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 30mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 10mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2000m</b>	<b>1hr</b>	<b>58mins</b>

Week 2			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60s rest between 4 x 50m with 15secs rest between 100m Cool down		
Tuesday		5mins RPE-5 5 x 3mins RPE-8 / 2mins RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 4 x 4mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 1 x 400m 1 x 200m 4 x 50m with 15secs rest between 100m Cool down		
Friday	Rest	Rest	Rest
Saturday			25mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 35mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 10mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2200m</b>	<b>1hr 10mins</b>	<b>1hr 09mins</b>

Week 3			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60s rest between 100m Cool down		
Tuesday		5mins RPE-5 5 x 3mins RPE-8 / 2mins RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 4 x 4mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 1 x 300m 1 x 200m 1 x 100m 100m Cool down		
Friday	Rest	Rest	Rest
Saturday			30mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 40mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 15mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2000m</b>	<b>1hr 15mins</b>	<b>1hr 19mins</b>

Week 4			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60s rest between 4 x 50m with 15secs rest between 100m Cool down		
Tuesday		5mins RPE-5 3 x 5mins RPE-8 / 2mins RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 3 x 5mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 1 x 400m 1 x 200m 4 x 50m with 15secs rest between 100m Cool down		
Friday	Rest	Rest	Rest
Saturday			20mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 40mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 15mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2200m</b>	<b>1hr 11mins</b>	<b>1hr 06mins</b>

Week 5			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 400m 4 x 100m with last 25m very hard with 60s rest between 100m Cool down		
Tuesday		5mins RPE-5 8 x 3mins RPE-8 / 1min RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 4 x 6mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 2 x 200m 1 x 400m 4 x 50m with 15secs rest 100m Cool down	20mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			20mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 45mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 15mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2600m</b>	<b>1hr 47mins</b>	<b>1hr 17mins</b>

Week 6			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 8 x 100m with last 50m very hard with 60secs rest between 4 x 50m with 15secs rest between 100m Cool down		
Tuesday		5mins RPE-5 10 x 3mins RPE-8 / 1min RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 5 x 6mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 2 x 200m 1 x 400m 4 x 50m with 15secs rest 100m Cool down	20mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			20mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 45mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 25mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2800m</b>	<b>1hr 55mins</b>	<b>1hr 35mins</b>

Week 7			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 1 x 400m 4 x 100m with last 25m very hard with 60s rest between 100m Cool down		
Tuesday		5mins RPE-5 8 x 3mins RPE-8 / 1min RPE-4 5mins RPE-5	
Wednesday			5mins RPE-5 4 x 6mins RPE-8 / 2mins RPE-4 5mins RPE-5
Thursday	150m Warm up 150m Drills of your choice 2 x 200m 1 x 400m 4 x 50m with 15secs rest 100m Cool down	20mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			20mins RPE-6/7 Include some hills
Sunday		<b>BRICK SESSION</b> 45mins RPE-6/7 (Include hills) Do run straight after the bike	<b>BRICK SESSION</b> 15mins RPE-5 Do run straight after the bike
<b>Total</b>	<b>2600m</b>	<b>1hr 47mins</b>	<b>1hr 17mins</b>

Week 8			
	Swim	Bike	Run
Monday	150m Warm up 150m Drills of your choice 5 x 100m with last 50m very hard with 60secs rest between 4 x 50m with 15secs rest between 100m Cool down		
Tuesday		5mins RPE-5 5 x 3mins RPE-8 / 1min RPE-4 5mins RPE-5	5mins RPE-5 15mins RPE-7/8 5mins RPE-5
Wednesday	Rest	Rest	Rest
Thursday	150m Warm up 150m Drills of your choice 1 x 400m 4 x 50m with 15secs rest 100m Cool down		
Friday	Rest	Rest	Rest
Saturday			10mins @ RPE:6 A very easy run to keep legs fresh
Sunday	<b>RACE DAY</b> 750m	<b>RACE DAY</b> 20km	<b>RACE DAY</b> 5km
<b>Total</b>	<b>2100m + Race</b>	<b>30mins + Race</b>	<b>35mins + Race</b>

## Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	<b>Very Weak:</b> I am just about moving
2	<b>Weak:</b> I am walking at a faster pace and can hold a conversation easily
3	<b>Light:</b> I am beginning to sweat a little, but can hold conversation throughout
4	<b>Moderate:</b> I am very happy at this effort
5	<b>Somewhat Strong:</b> I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	<b>Strong:</b> I am beginning to feel more out of breath but could maintain this pace for a few hours
7	<b>Very Strong:</b> My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	<b>Hard:</b> I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	<b>Very Hard:</b> This is hurting and I can only hold this effort for up to 5mins
10	<b>Extremely Hard:</b> I am absolutely flat out and this is sprinting. I will need to stop after 30secs