



MILTRI

MILLENNIUM TRIATHLON

SPRINT TRAINING GUIDE

To start the 12 week Sprint Triathlon program, it is recommended that you are able to consistently sustain the following: 20min swim, 30min bike, 20min run. This training program should be used as a guideline only and be adjusted to your work/life schedule.

WEEK:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	Swim-20	Bike-30	Run-20	Off	Swim-30 Run-20	Bike-40
2	Off	Swim-20	Bike-30	Run-20	Off	Swim-30 Run-25	Bike-45
3	Off	Swim-20	Bike-35	Run-25	Off	Swim-35 Run-25	Bike-45
4 Recovery Week	Off	Swim-20	Bike-35	Run-25	Off	Swim-25 Run-20	Bike-30
5	Off	Swim-25	Bike-40	Run-30	Off	Swim-30	Bike-35 Run-20
6	Off	Swim-25	Bike-40	Run-30	Off	Swim-30	Bike-40 Run-25
7	Off	Swim-30	Bike-45	Run-35	Off	Swim-25 Open Water	Bike-45 Run-25
8 Recovery Week	Off	Swim-30	Bike-45	Run-35	Off	Swim-30	Bike-50 Run-30
9	Off	Swim-30	Bike-50	Run-40	Off	Swim-30	Bike-60 Run-35
10	Off	Swim-30	Bike-50	Run-45	Off	Swim-20	Swim-10 Bike-45 Run-20 Practice Transitions
11	Off	Swim-20	Bike-60	Run-30	Off	Swim-30 Open Water	Bike-45 Run-30
12 Taper Week	Swim-15	Bike-20 Run-15	Off	Swim-10	Bike 15 Run 10	Race	