

## 8-Week Sprint Triathlon Training Program for Beginners

Zone 1 = Warm up ; Zone 2 = Aerobic Development; Zone 3= Aerobic endurance;  
Upper Zone 3 = AT (anerobic threshold); sr = seconds rest

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim- 4x25(Zone 1) @10sr 4x50(Zone 2)@15sr 4x25(Zone 1)y@15sr core/strength workout	Bike- 30 min Zone 2	Run- 20 min Zone 2	Swim- 4x25 (Zone 1) @10 sr 200(Zone 2) 4x25 (Zone 1) @15sr core/strength workout	Rest Day	Bike-40 min Zone 2	Run- 25 min Zone 2
2	Swim- 4x25(Zone 1) @10sr 6x50(Zone 2) @ 15sr 4x25(Zone 1) @ 15 sr core/strength workout	Bike- 35 min Zone 2	Run- 25 min Zone 2	Swim- 4x25(Zone 1) @10 sr 300(Zone 2) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 45 min Zone 2	Run- 30 min Zone 2
3	Swim- 4x25(Zone 1) @10sr 8x50(Zone 2) @ 15sr 4x25(Zone 1) @ 15 sr core/strength workout	Bike- 40 min Zone 2	Run- 30 min Zone 2	Swim- 4x25(Zone 1) @10 sr 400(Zone 2) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 50 min Zone 2	Run- 35 min Zone 2
4	Swim- 4x25(Zone 1) @10sr 4x50(Zone 3)@15sr 3x100(Zone 2)@15sr 4x25(Zone 1)@15sr core/strength workout	Bike- 45 min Zone 2	Run- 35 min Zone 2	Swim- 4x25(Zone 1) @10 sr 500(Zone 2) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 60 min Zone 2	Run- 40 min Zone 2

5	Swim- 4x25(Zone 1) @10sr 4x50(Zone 2)@15sr 4x100(Zone 3)@15sr 4x25(Zone 1)@15sr core/strength workout	Bike- 45 min Zone 2 5 min upper zone 3	Run- 35 min Zone 2 3 min upper Zone 3	Swim- 4x25(Zone 1) @10 sr 600(Zone 3) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 70 min Zone 2	Run- 45 min Zone 2
6	Swim- 4x25(Zone 1) @10sr 5x50(Zone 2)@15sr 5x100(Zone 3)@15sr 4x25(Zone 1)@15sr core/strength workout	Bike- 50 min Zone 2 5 min upper Zone 3	Run- 40 min Zone 2 3 min upper Zone 3	Swim- 4x25(Zone 1) @10 sr 700(Zone 2) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 80 min Zone 2	Run- 50 min Zone 2
7	Swim- 4x25(Zone 1) @10sr 6x50(Zone 2)@15sr 6x100(Zone 3)@15sr 4x25(Zone 1)@15sr core/strength workout	Bike- 55 min Zone 2 5 min upper Zone 3	Run- 45 min Zone 2 3 min upper Zone 3	Swim- 4x25(Zone 1) @10 sr 800(Zone 2) 4x25(Zone 1) @15sr core/strength workout	Rest Day	Bike- 90 min Zone 2	Run- 60 min Zone 2
8	Swim- 4x25(Zone 1) @10sr 6x50(Zone 3) @ 15sr 4x25(Zone 1) @ 15 sr	Bike- 25 min Zone 2 5 min upper Zone 3	Run- 20 min Zone 2 3min upper Zone 3	Swim- 4x25(Zone 1) @10 sr 200(Zone 2) 4x25(Zone 1) @15sr	Rest Day	Bike- 30 min Zone 1	<b><u>RACE!</u></b>