

DESERT TRIATHLON – SPRINT DISTANCE

500 meter Swim  
14 mile Bike  
3 mile Run

FOR THE “SEASONED” SPRINT ATHLETE

6 WEEK TRAINING PROGRAM

WEEK 6 –

MONDAY - work day  
TUESDAY - Swim – 15 min. none stop  
WEDNESDAY - Bike – 35 min.  
THURSDAY - rest  
FRIDAY - Run 20 min.  
SATURDAY - BRICK – Bike 30, Run 15  
SUNDAY - Swim – 2 x 100’s timed, with 100 easy

WEEK 5 –

MONDAY - work day  
TUESDAY - Swim – 20 min. - begin timing yourself  
WEDNESDAY - Run 15 min. in the a.m., Bike 30 min. in the p.m.  
THURSDAY - rest  
FRIDAY - Run 25 min. – all out effort  
SATURDAY - BRICK - Bike 35, Run 15 – steady, consistent  
SUNDAY - Bike 45 min. and get a Starbucks

.REMEMBER: THESE DISTANCES, YOU CAN “DO”.....IT IS THE TIME YOU CAN “DO” THEM IN ! SPEED .... You are a “seasoned triathlete.

WEEK 4 –

MONDAY - work day  
TUESDAY - Swim – 25 min. – consistent speed  
WEDNESDAY - Run 15 min. in the a.m., Bike 45 in the p.m.  
THURSDAY - rest  
FRIDAY - Run 30 min.- easy  
SATURDAY - BRICK with transition – Bike 40 min., transition, Run 15  
SUNDAY - Bike one hour, easy with a Starbucks

WEEK 3-

MODAY - work day  
 TUESDAY - Swim – 6 x 100’S – negative splits, or at least consistent times, timing on chron. or pool clock  
 WEDNESDAY - Run 20 min. – fast and timed in the a.m.  
 Bike 45 min. in p.m. - interval speed if possible and safe rest  
 THURSDAY - rest  
 FRIDAY - Run 30 min..  
 SATURDAY - BRICK - with transition inbetween Bike 30 min., Run 20  
 SUNDAY - Bike one hour, moderate, focused on gearing, speed etc.

WEEK 2 -

MONDAY - work day  
 TUESDAY - Swim – 30 min. – set up transition and go through the motions of getting on your bike (with gear, but no bike)- with effort  
 WEDNESDAY - Run 30 min. in the a.m., Bike 45 min. in the p.m.  
 THURSDAY - rest  
 FRIDAY - Run 30 min. to 40...about 4 mi.  
 SATURDAY - BRICK with transition – all three sports –  
 Swim 10 min., Bike 20 min., Run 15 min. – effort here  
 SUNDAY - Bike 50 min....practice transitions.... Use speed

WEEK 1

MONDAY - work day  
 TUESDAY - 15 min. swim, easy  
 WEDNESDAY - easy 15 min. run in the a.m....easy 15 mi. bike in p.m.  
 THURSDAY - rest – begin getting gear out and organized for your needs  
 FRIDAY - practice transitions – visualize your race, each part!  
 SATURDAY - REGISTRATION AND TRIATHLON CLINICS – BOTH  
 A MUST.....CHECK TIMES OF CLINICS AT HOTEL AND LAKE  
 SUNDAY - RACE DAY .....GET THERE EARLY...warm-up

ENJOY –AND NEXT YEAR, CHALLENGE YOURSELF WITH THE OLYMPIC  
 DISTANCE RACE.....pam galbraith