

# 8 WEEK SPRINT TRAINING PLAN



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY GOALS
1	REST	RUN - EASY 30 MINS	BIKE - EASY 30MINS SWIM - SET #1 & DRILLS	RUN - EASY 30 MINS	CROSS	BIKE - 30MINS SWIM - SET #1	RUN - EASY 30 MINS	SWIM - Form and focus RUN/BIKE - Time on your feet <a href="#">Swim Confidence</a>
2	REST	RUN - EASY 30 MINS	BIKE - EASY 40 MINS	RUN - EASY 20 MINS SWIM - SET #2	CROSS	BIKE - EASY 30 MINS SWIM SET #1 & DRILLS	RUN EASY - 30 MINS	R: Work on even pacing B: Bike fit and comfort S: Body position & breathing <a href="#">Intro to Swimming I</a>
3	REST	RUN - 10 MIN EASY 10 MIN MOD 10 MIN EASY	BIKE - EASY 30 MINS SWIM - SET #2	RUN - EASY 30 MINS	CROSS	BIKE - INTERVALS 8 X 2MIN @ 70%/ 2 MINS EASY SWIM - #1	RUN - 30 MINS EASY	R: Good form with more intensity B: Intervals to build leg strength S: Even strokes per length <a href="#">Bike Intervals</a>
4	REST	RUN - EASY 30 MINS	BIKE - INTERVAL 10 MIN WU 10 X 1:00/1:00REST	RUN - EASY 20 SWIM - SET #2	CROSS	BRICK - BIKE - 30MINS RUN - 12 MINS	SWIM - SET #4	R: Steady pace B: Smooth brick transitions S: Even pacing <a href="#">Intro to Swimming II</a>
5	REST	RUN - EASY 10MIN RACE PACE - 20MIN	BIKE 10 MIN WU 4 X 5MINS RACE EFFORT/ 2 MIN REST	RUN- EASY 20 MINS SWIM - SET #1	CROSS	BIKE - EASY 40 MINS SWIM - SET #4	RUN - EASY 40 MINS	R: Feel for race pace B: Quality intervals S: Good breathing, steady pace <a href="#">Run Intervals</a>
6	REST	RUN - EASY 30 MINS	BIKE - INTERVAL 4 X 8MIN/ 2MIN EASY	RUN - INTERVAL 5 X 800m/ 90 SEC REST SWIM - SET #3	CROSS	BRICK BIKE - 30 MINS MOD/ RUN 20 MIN RACE PACE	SWIM - RACE DISTANCE	R: Quality Interval - race pace B: Steady effort S: Race Distance - build confidence <a href="#">First Race Essential Gear</a>
7	REST	RUN - EASY 25 MINS	BIKE - 30 MIN - MOD PACE	SWIM - 1/2 RACE DIST- REST -1/2 RACE DISTANCE	CROSS	BIKE 30 MINS - RACE PACE	RUN - 25 MINS RACE PACE	R: Keep Legs Fresh B: Practice steady RPMs S: Develop confidence <a href="#">10 Tips for a Great First Race</a>
8	REST	RUN - EASY 20 MINS	BIKE - EASY 30 MINS	SWIM - SET # 4 (OPTIONAL)	REST - STRETCH	RACE DAY!!! GOOD LUCK AND HAVE FUN!		Race Week! Take it easy - Race Hard! <a href="#">Reduce Race Morning Anxiety</a>

**“Easy Effort”** -@ 60%, able to hold a conversation

**“Moderate Effort”** - @ 60-70% Able to hold effort for 10-20 minutes

**“Race Pace”** - Based on your projected race time ~70%

**“Intervals”** - 80-90% - able to hold effort for 2 minutes

**Swim Set #1**

100 yds WU  
4 X 50yds / :30 REST  
4 X 25yds - Good breathing  
4 X 50 /:30 rest - Even pacing  
100 cool down

**Swim Set #2**

100 yds WU  
8 X 25 yds count strokes  
6 X 50yds/ 30 sec rest  
100 cool down

**Swim Set #3**

2 X 100 WU  
4 X 50/ 30secs rest (race pace)  
2 X 100/ 1min rest (mod pace)  
4 X 50/ 30secs rest (race pace)  
100 cool down

**Swim Set #4**

2 x 100 WU  
100 even pacing/ rest 1min  
4 X 50/ 30 sec rest  
200/ 2 min rest  
4 X 50 /30 secs rest (race pace)  
100 cool down