

Free 8-Week Sprint Triathlon Training Plan for Beginners

Week 1

Week 1	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 1	5 min of easy swimming	4 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Bike	Zone 3	10 min of easy cycling	30 min of cycling at a moderate pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 25 min at a comfortable pace, alternating between 2 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2	5 min of easy swimming	<ul style="list-style-type: none"> 4 x 50 m drills 2 x 200 m at a moderate effort with 30 s rest 	5 min of easy swimming
Saturday: Bike	Zone 3	10 min of easy cycling	35 min of cycling at a moderate pace	5 min of easy cycling
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 25 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	10 min of static stretching

Week 2

Week 2	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 1	5 min of easy swimming	4 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Bike	Zone 3	10 min of easy cycling	40 min of cycling at a moderate pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 30 min at a comfortable pace, alternating between 2 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2	5 min of easy swimming	<ul style="list-style-type: none"> 4 x 50 m drills 2 x 200 m at a moderate effort with 30 s rest 	5 min of easy swimming
Saturday: Bike	Zone 3	10 min of easy cycling	45 min of cycling at a moderate pace	5 min of easy cycling
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 30 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	5 min of easy walk

Week 3

Week 3	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 2	5 min of easy swimming	4 x 100 m at a comfortable pace with 20 s rest	5 min of easy swimming
Tuesday: Bike	Zone 3 (moderate pace), Zone 4 (short bursts)	10 min of easy cycling	35 min of cycling at a moderate pace, incorporating 3-4 short bursts of higher intensity (such as sprinting for 20 seconds every 5 min)	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 30 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2	5 min of easy swimming	<ul style="list-style-type: none"> 4 x 50 m drills 2 x 200 m at a moderate effort with 30 s rest 	5 min of easy swimming
Saturday: Bike	Zone 3 (moderate pace), Zone 4 (hill climbs/intervals)	10 min of easy cycling	45 min of cycling at a moderate pace, incorporating some hill climbs or intervals (such as cycling at a higher intensity for 2 min every 10 min)	5 min of easy cycling
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 30 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching

Week 4

Week 4	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 1	5 min of easy swimming	6 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Bike	Zone 2	10 min of easy cycling	35 min of cycling at a moderate pace with some rolling hills if available	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 35 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2	5 min of easy swimming	<ul style="list-style-type: none"> 4 x 50 m drills 2 x 300 m at a moderate effort with 30 s rest 	5 min of easy swimming
Saturday: Bike	Zone 3 (moderate pace), Zone 4 (short bursts)	10 min of easy cycling	45 min of cycling at a moderate pace with some short bursts of increased effort scattered throughout the ride (e.g., 1-minute sprints)	5 min of easy cycling
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 35 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching

Week 5

Week 5	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 1	5 min of easy swimming	8 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Bike	Zone 3	10 min of easy cycling	40 min of cycling at a moderate pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 40 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2 (intervals), Zone 3 (steady pace)	5 min of easy swimming	<ul style="list-style-type: none"> • 4 x 50 m drills • 4 x 100 m at a moderate effort with 30 s rest • Continuous 400 m at a steady pace 	5 min of easy swimming
Saturday: Bike-Run Brick	Zone 3 (bike), Zone 2 (run)	10 min of easy cycling	<ul style="list-style-type: none"> • Ride for 30 min at a moderate pace • Followed by a 10-min run at a comfortable pace 	10 min of static stretching
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 40 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching

Week 6

Week 6	Target HR Zone	Warm up	Main set	Cool down
Monday: Swim	Zone 1	5 min of easy swimming	10 x 100 m at comfortable pace with 20 s rest	5 min of easy swimming
Tuesday: Bike	Zone 3	10 min of easy cycling	45 min of cycling at a moderate pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 45 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2 (intervals), Zone 3 (steady pace)	5 min of easy swimming	<ul style="list-style-type: none"> 4 x 50 m drills 4 x 100 m at a moderate effort with 30 s rest Continuous 600 m at a steady pace 	5 min of easy swimming
Saturday: Bike-Run Brick	Zone 3 (bike), Zone 2 (run)	10 min of easy cycling	<ul style="list-style-type: none"> Ride for 45 min at a moderate pace Followed by a 15-min run at a comfortable pace 	10 min of static stretching
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 45 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching

Week 7

Week 7	Target HR Zone	Warm up	Main set	Cool down
Monday: Open Water Swim Practice	Zone 1	10 min of dynamic stretching	Swim for 30 minutes	10 min of static stretching
Tuesday: Bike	Zone 3	10 min of easy cycling	50 min of cycling at a moderate pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 50 min at a comfortable pace, alternating between 3 min of running and 1 min of walking	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Swim	Zone 2 (intervals), Zone 3 (steady pace)	5 min of easy swimming	<ul style="list-style-type: none"> • 4 x 50 m drills • 4 x 100 m at a moderate effort with 30 s rest • Continuous 800 m at a steady pace 	5 min of easy swimming
Saturday: Bike-Run Brick	Zone 3 (bike), Zone 2 (run)	10 min of easy cycling	<ul style="list-style-type: none"> • Ride for 60 min at a moderate pace. • Followed by a 15-min run at a comfortable pace 	10 min of static stretching
Sunday: Run	Zone 2	10 min of dynamic stretching	Run for 50 min at a comfortable pace, alternating between 4 min of running and 1 min of walking	10 min of static stretching

Week 8

Week 8	Target HR Zone	Warm up	Main set	Cool down
Monday: Open Water Swim Practice	Zone 1	10 min of dynamic stretching	Swim for 30 minutes	10 min of static stretching
Tuesday: Bike	Zone 3	10 min of easy cycling	20 min of cycling at a comfortable pace	5 min of easy cycling
Wednesday: Run	Zone 2	10 min of dynamic stretching	Run for 20 min at a comfortable pace	10 min of static stretching
Thursday: Rest	-	-	-	-
Friday: Rest	-	-	-	-
Saturday: Race day!				