

# From Couch to Sprint Triathlon in 12 Weeks

## Week 1

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	10 min of dynamic stretching	Easy swim for 15 min at a comfortable pace	10 min of static stretching
Tuesday: Rest	-	-	-
Wednesday: Bike	5 min of easy cycling	20 min of cycling at a comfortable pace	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	10 min of dynamic stretching	Easy swim for 15 min at a comfortable pace	10 min of static stretching
Saturday: Run	10 min of dynamic stretching	Alternate between 2 min of jogging and 1 min of walking for a total of 20 min	10 min of static stretching
Sunday: Rest	-	-	-

## Week 2

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 4 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 2 min of jogging and 1 min of walking for a total of 25 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	40 min of cycling at a comfortable pace	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	2 x 200 m at a moderate effort with 30 s rest	5 min of easy swimming
Saturday: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 25 min	10 min of static stretching
Sunday: Rest	-	-	

## Week 3

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 6 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 2 min of jogging and 1 min of walking for a total of 30 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	45 min of cycling at a comfortable pace	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	3 x 200 m at a moderate effort with 30 s rest	5 min of easy swimming
Saturday: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 30 min	10 min of static stretching
Sunday: Rest	-	-	-

## Week 4

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 6 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 4 min of jogging and 1 min of walking for a total of 30 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	30 min of cycling, focusing on maintaining a steady pace	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	3 x 200 m at a moderate effort with 30 s rest	5 min of easy swimming
Saturday: Run	10 min of dynamic stretching	Alternate between 4 min of jogging and 1 min of walking for a total of 30 min	10 min of static stretching
Sunday: Rest	-	-	-

## Week 5

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 6 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 35 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	6 x 1-min high-intensity intervals with 2 min of easy cycling recovery	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	2 x 300 m at a moderate effort with 30 s rest	5 min of easy swimming
Saturday: Bike-Run Brick	10 min of easy cycling	20 min of cycling at a moderate effort, immediately followed by a 10-min easy run	10 min of static stretching
Sunday: Rest	-	-	-

## Week 6

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 6 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 4 min of jogging and 1 min of walking for a total of 35 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	40 min of cycling, including challenging hills	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	2 x 300 m at a moderate effort with 30 s rest	5 min of easy swimming
Saturday: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 40 min	10 min of static stretching
Sunday: Rest	-	-	-

## Week 7

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 8 x 100 m at comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 4 min of jogging and 1 min of walking for a total of 40 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	40 min of cycling, focusing on maintaining a steady effort	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	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: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 45 min	10 min of static stretching
Sunday: Rest	-	-	-

## Week 8

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 10 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 4 min of jogging and 1 min of walking for a total of 45 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	8 x 1-min high-intensity efforts with 2 min of recovery between intervals	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	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	10 min of easy cycling	30 min of cycling at steady pace, followed immediately by a 10-min easy run	10 min of static stretching
Sunday: Rest	-	-	-



## Week 9

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 12 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	15 min continuous run at a comfortable pace	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	50 min of cycling at a moderate effort	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Open Water Swim Practice	-	Swim for 30 min	-
Saturday: Bike-Run Brick	10 min of easy cycling	45 min of cycling at steady pace, followed immediately by a 10-min easy run	10 min of static stretching
Sunday: Rest	-	-	-

## Week 10

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 12 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	Alternate between 3 min of jogging and 1 min of walking for a total of 50 min	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	55 min of cycling at a moderate effort	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Swim	5 min of swimming easy laps	4 x 100 m at a moderate effort with 30 s rest, continuous 800 m swim at a steady pace	5 min of easy swimming
Saturday: Bike-Run Brick	10 min of easy cycling	45 min of cycling followed by a 15-min easy run	10 min of static stretching
Sunday: Rest	-	-	-

## Week 11

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 50 m drills, 6 x 200 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	30 min of easy jogging	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	60 min of cycling, working on maintaining a consistent effort	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Open Water Swim Practice	-	Swim for 30 min	-
Saturday: Bike-Run Brick	10 min of easy cycling	50 min of cycling followed by a 15-min easy run	10 min of static stretching
Sunday: Rest	-	-	-

## Week 12

Daily Activity	Warm up	Main Set	Cool Down
Monday: Swim	5 min of swimming easy laps	4 x 200 m at a comfortable pace with 30 s rest, 2 x 100 m at a comfortable pace with 30 s rest	5 min of easy swimming
Tuesday: Run	10 min of dynamic stretching	20 min of easy jogging	10 min of static stretching
Wednesday: Bike	5 min of easy cycling	45 min of cycling at a comfortable pace	5 min of easy cycling
Thursday: Rest	-	-	-
Friday: Rest	-	-	-
Saturday: Race day!			