

## 12 Week Beginner Sprint Triathlon Plan

	Day 1	Day 2	Day 3	Day 4
<b>Week 1:</b>	Swim: Easy 15 minutes	Bike: Easy 30 minutes	Run: Easy 20 minutes	
<b>Week 2:</b>	Swim: Easy 20 minutes	Bike: Easy 30 minutes	Run: Easy 20 minutes	Bike: Easy 30 minutes
<b>Week 3:</b>	Run: Easy 30 minutes	Swim: 8 50 meter sprints 30 sec. rest	Bike: 30 minutes - Hill climb	Run: Easy 30 minutes
<b>Week 4:</b>	Bike: 30 minutes	Run: 20 minutes - Intervals	Swim: 20 minutes - Technique focus	Bike: 30 minutes - Hill climb
<b>Week 5:</b>	Swim: 20 minutes- open water	Bike: 10 miles	Run: 2 miles	
<b>Week 6:</b>	Swim: 20 minutes	Bike: 10 miles- hills	Run: 3 miles	Bike: 15 miles
<b>Week 7:</b>	Run: 2 miles - Hills	Swim: 8 50 meter sprints 30 sec rest	Bike: 10 miles	Run: 3 miles
<b>Week 8:</b>	Bike: 15 miles	Run: 2 miles - Intervals	Swim: 30 minutes	Bike: 15 miles
<b>Week 9:</b>	Swim: 20 minute openwater	Bike/Run: 20 minutes each	Swim/bike: 20 minutes each	Run: Easy 20 minute recovery
<b>Week 10:</b>	Swim: 30 minutes	Bike: 40 minutes	Run: 40 minutes	Bike: Easy 30 minute recovery
<b>Week 11:</b>	Swim/bike: 30 minutes each	Bike/run: 30 minutes each	Run: 3 miles	
<b>Week 12:</b>	Swim: Event length open water	Bike: 10 miles	Run: 2 miles	Rest before event!