

TRAINING PLAN: SPRINT DISTANCE TRIATHLON

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			Separate daily workouts			One consecutive workout	
1	Rest	Swim 200 meters.	Jog/walk 20 min; bike 30 min	Jog/walk 15 min	Swim 300 meters	Bike 25 min; jog/walk 15 min	Bike 40 min
2	Rest	Swim 400 meters	Jog/walk 20 min; bike 30 min	Jog/walk 20 min	Swim 200 meters	Bike 30 min; jog/walk 20 min	Bike 50 min
3	Rest	Swim 300 meters	Jog 25 min; bike 30 min	Jog/walk 25 min	Swim 400 meters	Bike 40 min; jog 20 min	Bike 45 min
4	Rest	Swim 600 meters	Jog 20 min; bike 30 min	Jog/walk 30 min	Swim 300 meters	Bike 50 min; jog 20 min	Bike 60 min
5	Rest	Swim 4x100 meters	Jog 20 min; bike 30 min	Jog/walk 25 min	Swim 400 meters	Bike 30 min; jog 25 min	Bike 60 min
6	Rest	Swim 6x100 meters	Jog 25 min; bike 30 min	Jog/walk 35 min	Swim 400 meters	Bike 25 min; jog 30 min	Bike 90 min
7	Rest	Swim 500 meters	Jog 20 min; bike 45 min	Jog/walk 40 min	Swim 400 meters	Bike 45 min; jog 15 min	Bike 90 min
8	Rest	Swim 8x100 meters	Jog 25 min; bike 25 min	Jog/walk 40 min	Swim 500 meters	Bike 40 min; run 25 min	Bike 90 min
9	Rest	Swim 600 meters	Jog 20 min; bike 25 min	Jog/walk 40 min	Swim 600 meters	Bike 30 min; run 20 min	Bike 70 min
10	Rest	Swim 800 meters	Jog 30 min; bike 45 min	Jog/walk 30 min	Swim 700 meters	Bike 30 min; run 20 min	Bike 90 min
11	Rest	Swim 1000 meters	Jog 45 min; bike 50 min	Jog/walk 40 min	Swim 500 meters	Bike 45 min; run 35 min	Bike 60 min
12	Rest	Swim 500 meters	Jog 15 min; bike 20 min	Jog/walk 10 min	Rest	Bike 15 min; jog/walk 10 min	Enjoy your Triathlon!!

TeKoi Smith is a USA Triathlon certified coach, and a triathlon and marathon coach for the Leukemia & Lymphoma Society. He has been an avid runner for several years and has found new excitement in the sport of triathlon. Te Koi enjoys coaching 'newbies' and has helped dozens of people cross the finish line. When not training, himself or others, TeKoi loves spending time at home with his wonderful wife and 8-month-old daughter. Contact him at tekoi@trihive.com