

# Triathlon Training Plans for Beginners

Become a triathlete in 8 weeks—whether you're a swimmer, cyclist, or runner

**S**o you've decided to do your first sprint-distance triathlon. Congratulations! You won't regret it—as long as you prepare appropriately. It takes about eight weeks for the average beginner with a basic foundation in at least one of triathlon's three disciplines to train for a successful first sprint event. If you come from a swimming background, choose the swimmer's training plan. If your strongest discipline is cycling, select the cyclist's version. And if you're a runner, pick the plan designed for runners. All three plans are essentially the same, but one of the three disciplines is emphasized in each plan with more challenging workouts and an optional extra workout every week. This allows you to maintain your advantage in your strongest event while gradually building proficiency in the other two.

The rest of the information you need to do each workout is contained within the training schedules themselves—except for the swim drills, which are prescribed but not described.

[Click here](#) for descriptions of the swim drills to choose from. Good Luck!

**To monitor your workout intensity throughout each of these plans, use an effort scale of 1-to-10.**

**"1" is a slow walk/coasting on the bike/treading water, "5" is a moderate, comfortable pace, and "10" is the fastest speed you can sustain for about 3 minutes.**

[Swimmer's Triathlon Training Plan](#)

[Cyclist's Triathlon Training Plan](#)

[Runner's Triathlon Training Plan](#)

# Swimmer's Triathlon Training Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
	OFF or Swim	Swim	Bike	Run	Swim	Bike	Run
WEEK 1	1,000 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 6-7 (rest 10 seconds after each 100) <b>Cooldown:</b> 200 yards Level 4	30 minutes Level 5-6	15 minutes Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 8 x 50 yards Level 10 (rest 30 seconds after each 50) <b>Cooldown:</b> 200 yards Level 4	30 minutes Level 5-6	15 minutes Level 5-6
WEEK 2	1,200 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 100 yards Level 6-7 (rest 10 seconds after each 100) <b>Cooldown:</b> 200 yards Level 4	30 minutes Level 5-6	20 minutes Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 10 x 50 yards Level 10 (rest 30 seconds after each 50) <b>Cooldown:</b> 200 yards Level 4	35 minutes Level 5-6	20 minutes Level 5-6
WEEK 3	1,400 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 8 x 100 yards Level 6-7 (rest 10 seconds after each 100) <b>Cooldown:</b> 200 yards Level 4	35 minutes Level 5-6	20 minutes Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 12 x 50 yards Level 10 (rest 30 seconds after each 50) <b>Cooldown:</b> 200 yards Level 4	40 minutes Level 5-6	25 minutes Level 5-6
WEEK 4	OFF	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 75 yards Level 9 (rest 20 seconds after each 75) <b>Cooldown:</b> 200 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	20 minutes Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 8 x 50 yards Level 10 (rest 30 seconds after each 50) <b>Cooldown:</b> 200 yards Level 4	40 minutes Level 5-6	25 minutes Level 5-6

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. "1" is a slow walk/coasting on the bike/treading water, "5" is a moderate, comfortable pace, and "10" is the fastest speed you can sustain for about 3 minutes.

## Swimmer's Triathlon Training Plan (Continued)

	MON	TUE	WED	THU	FRI	SAT	SUN
	OFF or Swim	Swim	Bike	Run	Swim	Bike	Run
WEEK 5	1,600 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 20 seconds after each 75) <b>Cooldown:</b> 200 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 15 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 300 yards Level 8 (rest 45 seconds after each 300) <b>Cooldown:</b> 200 yards Level 4	40 minutes Level 5-6	30 minutes Level 5-6
	OFF or Swim	Swim	Bike	Run	Swim	Bike-Run	Run
WEEK 6	1,800 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 7 x 75 yards Level 9 (rest 20 seconds after each 75) <b>Cooldown:</b> 200 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 15 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 300 yards Level 8 (rest 45 seconds after each 300) <b>Cooldown:</b> 200 yards Level 4	<b>Bike</b> 40 minutes Level 5-6 <b>Run</b> 10 minutes Level 5-6	25 minutes Level 5-6
	OFF or Swim	Swim	Bike	Run	Swim	Swim-Bike-Run	Run
WEEK 7	2,000 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 8 x 75 yards Level 9 (rest 20 seconds after each 75) <b>Cooldown:</b> 200 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 20 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 4 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 8 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 400 yards Level 8 (rest 45 seconds after each 400) <b>Cooldown:</b> 200 yards Level 4	<b>Swim</b> 300 yards Level 5-6 <b>Bike</b> 40 minutes Level 5-6 <b>Run</b> 10 minutes Level 5-6	30 minutes Level 5-6
	OFF or Swim	Swim	Bike	Run	Swim	Bike	Event
WEEK 8	1,000 yards Level 5-6	<b>Warmup:</b> 200 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 200 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Main set:</b> 400 yards Level 6-7 <b>Cooldown:</b> 100 yards Level 4	15 minutes Level 4	Sprint Triathlon

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. "1" is a slow walk/coasting on the bike/treading water; "5" is a moderate, comfortable pace, and "10" is the fastest speed you can sustain for about 3 minutes.

# Cyclist's Triathlon Training Plan

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>OFF or Bike</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
<b>WEEK 1</b>	40 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 100 yards Level 6–7 <b>Cooldown:</b> 100 yards Level 4	40 minutes Level 5–6 w/ 6 x 20-second bursts at Level 10	15 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 100 yards Level 6–7 <b>Cooldown:</b> 100 yards Level 4	45 minutes Level 5–6	15 minutes Level 5–6
<b>WEEK 2</b>	45 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 2 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	45 minutes Level 5–6 w/ 6 x 20-second bursts at Level 10	20 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 2 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	50 minutes Level 5–6	20 minutes Level 5–6
<b>WEEK 3</b>	45 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 6 x 1-minute uphill Level 9 (ride back down for recovery) <b>Cooldown:</b> 10 minutes Level 4	20 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	60 minutes Level 5–6	25 minutes Level 5–6
<b>WEEK 4</b>	30 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	20 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	50 minutes Level 5–6	25 minutes Level 5–6

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. “1” is a slow walk/coasting on the bike/treading water; “5” is a moderate, comfortable pace, and “10” is the fastest speed you can sustain for about 3 minutes.

## Cyclist's Triathlon Training Plan (Continued)

	MON	TUE	WED	THU	FRI	SAT	SUN
	OFF or Bike	Swim	Bike	Run	Swim	Bike	Run
WEEK 5	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 5 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 15 minutes Level 4 <b>Main set:</b> 15 minutes Level 8 <b>Cooldown:</b> 15 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	1 hour, 10 minutes Level 5–6	30 minutes Level 5–6
WEEK 6	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 4 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 15 minutes Level 4 <b>Main set:</b> 20 minutes Level 8 <b>Cooldown:</b> 15 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 15 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 5 x 100 yards Level 9 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	<b>Bike</b> 60 minutes Level 5–6 <b>Run</b> 10 minutes Level 5–6	25 minutes Level 5–6
WEEK 7	OFF	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 9 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 20 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 4 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 150 yards Level 9 (rest 30 seconds after each 150) <b>Cooldown:</b> 100 yards Level 4	<b>Swim</b> 300 yards Level 5–6 <b>Bike</b> 40 minutes Level 5–6 <b>Run</b> 10 minutes Level 5–6	30 minutes Level 5–6
WEEK 8	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Main set:</b> 400 yards Level 6–7 <b>Cooldown:</b> 100 yards Level 4	15 minutes Level 4	Sprint Triathlon

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. “1” is a slow walk/coasting on the bike/treading water, “5” is a moderate, comfortable pace, and “10” is the fastest speed you can sustain for about 3 minutes.

# Runner's Triathlon Training Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
	OFF or Run	Swim	Bike	Run	Swim	Bike	Run
WEEK 1	30 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 100 yards Level 6-7 <b>Cooldown:</b> 100 yards Level 4	30 minutes Level 5-6	30 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 100 yards Level 6-7 <b>Cooldown:</b> 100 yards Level 4	30 minutes Level 5-6	35 minutes Level 5-6
	OFF or Run	Swim	Bike	Run	Swim	Bike	Run
WEEK 2	30 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 2 x 100 yards Level 6-7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	30 minutes Level 5-6	35 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 2 x 100 yards Level 6-7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	35 minutes Level 5-6	40 minutes Level 5-6
	OFF or Run	Swim	Bike	Run	Swim	Bike	Run
WEEK 3	35 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 100 yards Level 6-7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	35 minutes Level 5-6	40 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 3 x 100 yards Level 6-7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	40 minutes Level 5-6	45 minutes Level 5-6
	OFF or Run	Swim	Bike	Run	Swim	Bike	Run
WEEK 4	20 minutes Level 5-6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 6-7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	40 minutes Level 5-6	40 minutes Level 5-6

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. "1" is a slow walk/coasting on the bike/treading water, "5" is a moderate, comfortable pace, and "10" is the fastest speed you can sustain for about 3 minutes.

## Runner's Triathlon Training Plan (Continued)

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>OFF or Run</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
<b>WEEK 5</b>	40 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 5 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 15 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 4 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	40 minutes Level 5–6	50 minutes Level 5–6
<b>WEEK 6</b>	40 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 20 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 5 x 100 yards Level 6–7 (rest 30 seconds after each 100) <b>Cooldown:</b> 100 yards Level 4	<b>Bike</b> 40 minutes Level 5–6 <b>Run</b> 10 minutes Level 5–6	55 minutes Level 5–6
<b>WEEK 7</b>	45 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 100 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 20 minutes Level 8 <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 5 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 4 x 150 yards Level 6–7 (rest 45 seconds after each 150) <b>Cooldown:</b> 200 yards Level 4	<b>Swim</b> 300 yards Level 5–6 <b>Bike</b> 40 minutes Level 5–6 <b>Run</b> 10 minutes Level 5–6	30 minutes Level 5–6
<b>WEEK 8</b>	30 minutes Level 5–6	<b>Warmup:</b> 100 yards Level 4 <b>Drills:</b> 4 x 25 yards (rest 30 seconds after each 25) <b>Main set:</b> 6 x 75 yards Level 9 (rest 30 seconds after each 75) <b>Cooldown:</b> 100 yards Level 4	<b>Warmup:</b> 10 minutes Level 4 <b>Main set:</b> 3 x (5 minutes Level 9 / 3 minutes Level 4) <b>Cooldown:</b> 10 minutes Level 4	<b>Warmup:</b> 5 minutes Level 4 <b>Main set:</b> 10 minutes Level 8 <b>Cooldown:</b> 5 minutes Level 4	<b>Warmup:</b> 100 yards Level 4 <b>Main set:</b> 400 yards Level 6–7 <b>Cooldown:</b> 100 yards Level 4	15 minutes Level 4	Sprint Triathlon

To monitor your workout intensity throughout this plan, use an effort scale of 1-to-10. “1” is a slow walk/coasting on the bike/treading water, “5” is a moderate, comfortable pace, and “10” is the fastest speed you can sustain for about 3 minutes.



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