12 Week Beginner Sprint Triathlon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume	Notes
1	Rest	Swim: 4x50m easy	Bike: 20 mins easy	Run: 10 mins easy	Rest	Swim: 6x25m, rest 20s	Rest	1.05 hours	Ease into training
2	Rest	Swim: 4x75m moderate	Bike: 25 mins easy	Run: 15 mins easy	Strength: 20 mins	Bike: 30 mins moderate	Rest	1.8 hours	Add strength session
3	Rest	Swim: 5x50m, rest 15s	Bike: 30 mins easy	Run: 10 min WU, 5x1 min fast, 1 min easy	Strength: 25 mins	Run: 20 mins moderate	Rest	2.5 hours	Introduce intervals
4	Rest	Swim: 6x50m, rest 10s	Bike: 35 mins easy	Run: 20 mins moderate	Strength: 25 mins	Bike: 40 mins moderate	Rest	2.75 hours	Consistent training
5	Rest	Swim: 300m steady	Bike: 30 mins, 5x1 min fast, 1 min easy	Run: 25 mins moderate	Strength: 25 mins	Run: 10 min WU, 6x1 min fast, 1 min easy	Rest	3 hours	Increase intensity
6	Rest	Swim: 6x75m, rest 15s	Bike: 40 mins steady	Run: 30 mins easy	Strength: 25 mins	Bike: 20 mins, Run: 10 mins (Brick)	Rest	3.2 hours	Introduce brick session
7	Rest	Swim: 4x100m easy	Bike: 45 mins steady	Run: 10 min WU, 8x1 min fast, 1 min easy	Strength: 25 mins	Bike: 25 mins, Run: 15 mins (Brick)	Rest	3.6 hours	Increase volume
8	Rest	Swim: 8x50m, rest 10s	Bike: 50 mins steady	Run: 35 mins moderate	Strength: 25 mins	Bike: 30 mins, Run: 20 mins (Brick)	Rest	4 hours	Focus on race pace

9	Rest	Swim: 400m steady	Bike: 40 mins, 6x1 min fast, 1 min easy	Run: 35 mins moderate	Strength: 25 mins	Bike: 35 mins, Run: 25 mins (Brick)	Rest	4.2 hours	Maintain consistency
10	Rest	Swim: 6x75m, rest 10s	Bike: 55 mins steady	Run: 10 min WU, 10x1 min fast, 1 min easy	Strength: 25 mins	Run: 40 mins steady	Rest	4.5 hours	Peak training week
11	Rest	Swim: 300m easy	Bike: 40 mins easy	Run: 30 mins easy	Rest	Bike: 25 mins, Run: 15 mins (Brick)	Rest	3 hours	Tapering week
12	Rest	Swim: 200m easy	Bike: 30 mins easy	Rest	Rest	Rest	Race Day	-	Good Luck!