

Beginner's 16-week Sprint Triathlon Training Plan

Week	Swim	Bike	Run	Strength Training	Weekly Volume	Notes
1-2	2x/week: 15 mins (375 m)	2x/week: 20 mins (6 km)	2x/week: 15 mins (2 km)	1x/week: 20 mins	1.5 hours	Introduction to all three disciplines
3-5	2x/week: 20 mins (500 m)	2x/week: 25 mins (8 km)	2x/week: 20 mins (2.5 km)	1x/week: 20 mins	2 hours	Increase distances slightly
6-7	2x/week: 25 mins (600 m)	2x/week: 30 mins (10 km)	2x/week: 25 mins (3 km)	1x/week: 20 mins	2.5 hours	Gradual increases in distance
8-10	3x/week: 25 mins (600 m)	2x/week: 35 mins (12 km)	2x/week: 30 mins (3.5 km)	1x/week: 20 mins	3.5 hours	Increase frequency of swims
11-12	3x/week: 30 mins (750 m)	3x/week: 40 mins (14 km)	2x/week: 35 mins (4 km)	1x/week: 20 mins	4.5 hours	Reach swim race distance
13	3x/week: 30 mins (750 m)	3x/week: 45 mins (16 km)	3x/week: 40 mins (5 km)	1x/week: 20 mins	5.5 hours	Reach run race distance
14	2x/week: 25 mins (600 m)	2x/week: 35 mins (12 km)	2x/week: 30 mins (4 km)	1x/week: 20 mins	3.5 hours	Begin taper, reduce volume
15	2x/week: 20 mins (500 m)	2x/week: 30 mins (10 km)	2x/week: 25 mins (3 km)	None	2 hours	Taper continues; reduce volume further
16	1x/week: 15 mins (375 m)	1x/week: 20 mins (6 km)	1x/week: 15 mins (2 km)	None	1 hour	Race week