

Intermediate 16-week Sprint Triathlon Training Plan

Week	Swim	Bike	Run	Strength Training	Weekly Volume	Notes
1-2	2x/week: 30 mins (750 m)	2x/week: 45 mins (15 km)	2x/week: 30 mins (4 km)	1x/week: 30 mins	3 hours	Focus on form and technique
3-5	3x/week: 30 mins (750 m)	3x/week: 50 mins (17 km)	3x/week: 35 mins (4.5 km)	1x/week: 30 mins	6 hours	Increase volume and introduce speedwork
6-7	3x/week: 35 mins (875 m)	3x/week: 60 mins (20 km)	3x/week: 40 mins (5 km)	1x/week: 30 mins	7 hours	Increase intensity and introduce brick workouts
8-10	3x/week: 35 mins (875 m)	4x/week: 60 mins (20 km)	4x/week: 40 mins (5 km)	1x/week: 30 mins	9 hours	Increase training frequency
11-12	3x/week: 40 mins (1 km)	4x/week: 70 mins (23 km)	4x/week: 45 mins (5.5 km)	1x/week: 30 mins	11 hours	Maximize volume and intensity
13	3x/week: 40 mins (1 km)	4x/week: 70 mins (23 km)	4x/week: 45 mins (5.5 km)	1x/week: 30 mins	11 hours	Maintain volume, work on race-pace efforts
14	2x/week: 30 mins (750 m)	3x/week: 60 mins (20 km)	3x/week: 35 mins (4.5 km)	1x/week: 30 mins	7 hours	Begin taper, reduce volume
15	2x/week: 20 mins (500 m)	2x/week: 45 mins (15 km)	2x/week: 30 mins (4 km)	None	3 hours	Taper continues; reduce volume further
16	1x/week: 15 mins (375 m)	1x/week: 30 mins (10 km)	1x/week: 20 mins (2.5 km)	None	1 hour	Race week