

# Wild Rose Women's Triathlon Week Sprint Training Plan



Welcome to the 7-week Wild Rose Training Plan. This is a guideline training program to get you to the Wild Rose Women's Triathlon!

Don't worry if you have to move days around to get it all in - we know you are busy! The most important thing is to stay consistent over the next 6-weeks. You will find you just need to carve out between 30 - 60 minutes 4 – 6 days/week for your training

**The Swim:** this can often cause many people anxiety. We have designed it so it is by time, not distance. Typically, 1 lap is 25m (there and back is 50m. We know you will meet many nice people at the pool as you train. Don't be afraid to ask for advice on your stroke from the lifeguards – they are always watching you anyways!

**The Bike:** You can do these sessions either on a bike outside or on a stationary bike in the gym/at home.

**The Run:** Run does not mean you have to run all the time. You can walk, jog or run; you choose! Some days you may feel like walking, and some day you may feel like running. Or even throughout the workout that may change. That is OK! Do what works for you and aim to get the time allocated in.

**Days Off:** One of the most important things you'll do as part of your training plan is to make sure you have a day off every week. Giving yourself a 24-hour break to let your body rest and recuperate will make all the difference in your performance and ability to build and maintain your fitness.

**Option 1:** Take the day off, including as much time off your feet as possible. Spend some time preparing meals for the week, as well as arranging work and family schedules to best allow for successful completion of assigned workouts.

**Option 2:** You can make this as an active rest day choosing to do yoga, Pilates, a light hike, or even an easy bike. Whatever you do, keep it easy and light.

**Option 3:** Flex Day. Move your workouts around to make the schedule work for you and take your rest day or active rest day another day.

## **WEEK 1**

### **Monday: Day Off**

### **Tuesday: 30-Minute Swim Test**

Warm Up with 10 minutes of easy swimming.

Swim 15 minutes max distance... take breaks if/as needed. Record distance.

Cool Down with 5 minutes of easy swimming.

### **Wednesday: 45-Minute Easy Bike**

Ride easy/conversational, and use an easy gear (no resistance). If you have a bike computer with cadence, you want to keep your RPM's around 90 - 100 per minute.

### **Thursday: 30-Minute Run Test**

Warm Up with 5 minutes of easy walking or jogging.

Run or walk 20 minutes for maximum distance. Record distance.

Cool Down with 5 minutes of easy walking.

### **Friday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

### **Saturday: 45-Minute Bike Test**

Warm up with 10 minutes of easy riding.

Ride 30 minutes for maximum distance. Record distance.

Cool down with 5 minutes of easy riding.

### **Sunday: 30-Minute Easy Run**

Run/walk easy (conversational) pace, taking breaks as needed.

## WEEK 2

### **Monday: Day Off**

### **Tuesday: 25-Minute Build Swim**

Warm Up with 5 minutes of easy swimming.

4 x 3 minutes BE (best effort), with 1 minute RI (recovery interval).

Cool Down with 5 minutes of easy swimming.

### **Wednesday: 45-Minute Easy Bike**

Ride easy/conversational, and use an easy gear (no resistance). If you have a bike computer with cadence, you want to keep your RPM's around 90 - 100 per minute.

### **Thursday: 40-Minute Build Run**

Warm Up with 10 minutes of easy walking/jogging.

4 x 4 minutes BE (best effort), with 2 minutes RI (recovery interval).

Cool Down with 8 minutes of easy walking/jogging.

### **Friday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

### **Saturday: 60-Minute Build Bike**

Warm up with 12 minutes of easy biking.

4 x 8 minutes BE (best effort), with 2 minutes RI (recovery interval).

Cool down with 10 minutes of easy riding.

### **Sunday: 30-Minute Easy Run**

Run/walk easy (conversational) pace, taking breaks as needed.

### **WEEK 3**

#### **Monday: Day Off**

#### **Tuesday: 30-Minute Build Swim**

Warm Up with 5 minutes of easy swimming.

4 x 4 minutes BE (best effort), with 1 minute RI (recovery interval)

Cool Down with 5 minutes of easy swimming.

#### **Wednesday: 45-Minute Easy Bike**

Ride easy/ conversational, and use an easy gear with a high cadence.

#### **Thursday: 45-Minute Build Run**

WU- 10 minutes easy walk/ jog

MS- 4 x 5 minutes TP (test pace), with 2 minutes RI (recovery interval).

CD- 8 minutes easy walk/ jog

#### **Friday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

#### **Saturday: 60-Minute Build Bike**

WU- 12 minutes easy

MS- 4 x 9 minutes TP (test pace), with 2 minutes RI (recovery interval). Then run 5 minutes gradually building to TP.

CD- 10 minutes easy

#### **Sunday: 30-Minute Easy Run**

Run/ walk easy (conversational), taking breaks as needed.

## **Week 4**

### **Monday: Day Off**

Take the day off, including as much time off your feet as possible. Spend some time preparing meals for the week, as well as arranging work and family schedules to best allow for successful completion of assigned workouts.

### **Tuesday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

### **Wednesday: Day Off**

### **Thursday: 45-Minute Easy Bike**

Ride easy/ conversational, and use an easy gear with a high cadence.

### **Friday: Day Off**

### **Saturday: 30-Minute Easy Run**

Run/walk easy (conversational), taking breaks as needed.

Sunday: Day Off

## **WEEK 5**

### **Monday: Day Off**

#### **Tuesday: 30-Minute Swim Test**

Warm Up with 5 minutes of easy swimming.

MS- Swim 15 minutes max distance... taking breaks if/ as needed.

Cool Down with 5 minutes of easy swimming.

#### **Wednesday: 45-Minute Easy Bike**

WU- 5 to 10 minutes easy swim

MS- Swim 15 minutes max distance... taking breaks if/ as needed.

CD- 5 minutes easy swim

#### **Thursday: 45-Minute Run Test**

WU- 10 minutes easy walk/ jog

MS- Run/ walk 30 minutes maximum distance.

CD- 5 minutes easy walk

#### **Friday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

#### **Saturday: 45-Minute Bike Test**

WU- Ride 10 minutes easy

MS- Ride 30 minutes maximum distance

CD- Ride 5 minutes easy

#### **Sunday: 30-Minute Easy Run**

Run/ walk easy (conversational), taking breaks as needed.

## Week 6

### **Monday: Day Off**

### **Tuesday: 30-Minute Build Swim**

Warm Up with 5 minutes of easy swimming.

MS- 4 x 4 minutes TP (test pace), with 1 minute RI (recovery interval)

CD- 5 minutes easy swim

### **Wednesday: 45-Minute Easy Bike**

Ride easy/ conversational, and use an easy gear with a high cadence.

### **Thursday: 45-Minute Build Run**

WU- 10 minutes easy walk/ jog

MS- 4 x 5 minutes TP (test pace), with 2 minutes RI (recovery interval).

CD- 8 minutes easy walk/ jog

### **Friday: 20-Minute Easy Swim**

Swim easy, taking breaks as needed.

### **Saturday: 60-Minute Build Bike**

WU- 12 minutes easy

MS- 4 x 9 minutes TP (test pace), with 2 minutes RI (recovery interval).

CD- 10 minutes easy

### **Sunday: 30-Minute Easy Run**

Run/ walk easy (conversational), taking breaks as needed.

## **Race Week**

**Monday: Day Off**

**Tuesday: 20-Minute Taper Run**

Run 33% of goal race distance at goal race pace alternating run 4 minutes/ brisk walk 1 minute.

**Wednesday: 30-Minute Taper Bike**

Ride 10km alternating: 10 minutes "goal race pace"/5 minutes easy.

**Thursday: 15-Minute Taper Swim**

Swim 400m.

**Friday: Day Off**

**Saturday: 20-Minute Pre-Race Workout**

Bike: 15 minutes progressing to race pace.

Brick Run (immediately after the bike): Run 5 minutes progressing to race pace.

**Sunday: RACE DAY**

Arrive early, trust your training plan, and have fun!