



# 6-Week Wild Rose Women's Triathlon Training Program

## SPRINT DISTANCE

A triathlon asks your body to move continuously across three disciplines. Your training reflects that:

Swim → Bike → Run → Transition

You are learning not only how to complete each sport, but how to move between them efficiently and calmly. Many workouts will feel manageable on their own; the magic is in stacking them together.

This training program is designed to fit into real life. Don't worry if you need to move days around to make it work, we know you're busy! The most important thing over the next six weeks is consistency. Aim to carve out 30–60 minutes, 4–6 days per week. Small, steady effort adds up. This program has 6 weeks of training followed by "race week".

**The Swim:** Swimming can feel intimidating for many people, so we've structured these workouts by time rather than distance. Most pools are 25 m long (there and back = 50 m), but there's no pressure to track laps perfectly. Focus on moving for the assigned time. You'll likely meet friendly people at the pool while you train, and don't hesitate to ask lifeguards for tips. Trust us, they're happy to help and already keeping an eye on your stroke!

**The Bike:** Bike workouts can be done outdoors or on a stationary bike at home or in the gym. Choose the option that's safest and most convenient for your schedule and the weather. If you are outside you must wear a helmet.

**The Run:** "Run" simply means forward movement. You can walk, jog, or run; or mix all three! Some days you'll feel like running, other days walking will feel better and that's OK. You may even switch back and forth during a workout. That's completely normal. The goal is to complete the time, not hit a pace.

**Brick Workouts:** You'll notice workouts where the bike is immediately followed by a short run, these are called brick workouts.

They teach your body to:

- Run on tired legs
- Control your breathing
- Find rhythm quickly
- Stay mentally calm during transitions

The run may feel awkward at first, however within a few weeks, it becomes familiar. That adaptation is one of the biggest confidence boosters in triathlon training.

**Days Off:** Rest is one of the most important parts of this program.

Taking a full 24-hour break each week allows your body to recover, rebuild, and come back stronger.

Option 1: Full Rest Day. Take the day completely off, and spend extra time off your feet if possible. Use the time to prep meals, organize your week, and set yourself up for successful training.

Option 2: Active Recovery Day. Keep moving gently with yoga, Pilates, an easy hike, or a light spin. The goal is circulation and relaxation, not training stress.

Option 3: Flex Day. Life happens. Move workouts around as needed and take your rest day when it best fits your schedule.

# FUELING & HYDRATION GUIDANCE

Training is better when fueled.

Before workouts:

- Eat familiar, easy foods
- Avoid trying new nutrition
- Small snack if under 60 min
- Full meal if longer session

During longer sessions:

- Sip water regularly
- Add electrolytes for rides
- Practice fueling on the bike

After workouts:

- Eat within 30–60 minutes
- Combine carbs + protein
- Rehydrate intentionally

You are training your gut as much as your legs.

On race day food and hydration should feel familiar, not experimental.  
Don't try anything new on race day.

# What Success Looks Like

Success in this program is not about speed, distance, or comparison.

Success is:

- Showing up for the training
- Completing the time
- Learning your body
- Practicing transitions
- Building belief in yourself
- Arriving at race day prepared

The Wild Rose Women's Sprint Triathlon is about strength, community, and courage. HAVE FUN with this training program! Enjoy the training and reaching for your goals!

# WEEK 1 – Foundation

## Goal: establish routine + comfort

Monday – Swim (25 min)

Swim easy for 5 minutes resting as needed.

6 x (2:00 swim / :30 rest)

Swim easy for 5 minutes to cool down.

Tuesday – Bike (35 min)

Ride 10 minutes easy to warm up.

15 min moderate

Ride 10 minutes easy to warm up.

Wednesday – Run/Walk (30 min)

Run 5 minutes easy to warm up.

5 x (3 min jog / 2 min walk)

Run 5 minutes easy to cool down.

Thursday – Rest or Yoga

Friday – Swim (30 min)

Swim easy for 5 minutes resting as needed.

4 x (3 min swim / :30 rest)

4 x (1 min strong effort / :30 rest)

Swim easy for 5 minutes to cool down.

Saturday – Bike (45 min)

Steady endurance ride

Sunday – Brick (35 min)

Bike 25 min easy

Run 10 min easy jog/walk

# WEEK 2 – Consistency

## Goal: repeat effort without fatigue

Monday – Swim (35 min)

Swim easy for 5 minutes resting as needed.

5 x (3:00 swim / :30 rest)

4 x (25m smooth / :30 rest)

Swim easy for 5 minutes to cool down.

Tuesday – Bike (40 min)

20 min easy

3 x (5 min moderate / 2 min easy)

Ride 5 minutes easy to cool down.

Wednesday – Run (35 min)

Run 5 minutes easy to warm up.

4 x (5 min jog / 2 min walk)

Run 5 minutes easy to cool down.

Thursday – Rest

Friday – Swim (30 min)

Swim easy for 5 minutes resting as needed.

8 x (1:30 moderate to fast / :30 rest)

Swim easy for 5 minutes to cool down.

Saturday – Bike (50 min)

Steady endurance

Sunday – Brick

Bike 30 min MOD

Run 12 min easy

# WEEK 3 – Endurance Build

## Goal: longer continuous work

Monday – Swim (35 min)

Swim easy for 5 minutes resting as needed.

4 x (1:30 swim moderate / 1 min rest)

2 x (6 min continuous swim easy / 1 min rest)

Swim easy for 5 minutes to cool down.

Tuesday – Bike (45 min)

Ride 5 minutes easy to warm up.

15 min moderate and steady effort

3 x (4 min HARD / 2 min easy)

Ride 5 minutes easy to cool down.

Wednesday – Run (35 min)

Run 5 minutes easy to warm up.

10 min jog

5 x (2 min faster / 1 min walk)

Run 5 minutes easy to cool down.

Thursday – Rest

Friday – Swim (30 min)

Technique focus + easy laps

Saturday – Bike (55 min)

Endurance ride

Sunday – Brick

Bike 35 min

Run 15 min steady

# WEEK 4 – Strength and Bricks

## Goal: adapt to tired legs

Monday – Swim (30 min)

Swim easy for 5 minutes resting as needed.

3 x (5 min continuous / 1 min easy)

Swim easy for 5 minutes easy to cool down.

Tuesday – Bike (45 min)

Ride 10 minutes easy to warm up.

4 x (5 min hard / 2 min easy)

Ride 5 minutes easy to cool down.

Wednesday – Run (40 min)

Continuous jog/walk

Try to reduce walking

Thursday – Rest

Friday – Swim (30 min)

Swim easy for 5 minutes resting as needed.

Swim continuous and easy for 10 minutes.

8 x (1 min strong / :30 rest)

Swim easy for 5 minutes resting as needed.

Saturday – Bike (60 min)

Steady endurance

Sunday – Brick (60 min)

Bike 40 min easy

Run 20 min easy

# WEEK 5 – Race Simulation

## Goal: confidence

Monday – Swim (35 min)

Swim easy for 5 minutes resting as needed.

10 min continuous

Rest 1 min

5 x (2 min strong / 1 min easy)

Swim easy for 5 minutes to cool down.

Tuesday – Bike (45 min)

Race effort simulation

Wednesday – Run (40 min)

Race pace jog/walk

Thursday – Rest

Friday – Swim (30 min)

Easy technique swim

Saturday – Brick (65 min)

Bike 45 min steady

Run 20 min steady

Sunday – Easy Recovery Walk or Rest

# WEEK 6 – Peak and Sharpen

## **Goal: maintain fitness, reduce fatigue**

Monday – Swim (30 min)

Continuous, keeping it smooth and relaxed.

Tuesday – Bike (40 min)

Ride 5 minutes easy to warm up.

3 x (5 min moderate/5 min easy)

Ride 5 minutes easy to warm up.

Wednesday – Run (30 min)

Easy jog/walk

Thursday – Rest

Friday – Swim (20 min)

Light, relaxed

Saturday – Brick (35 min)

Bike 25 min

Run 10 min

Sunday – Rest

# Race Week

## **Goal: fresh legs and a calm mind**

Monday – Swim (20 min)  
Easy + relaxed

Tuesday – Bike (30 min)  
Short effort and include 3 x (1 min race pace/1 min easy)

Wednesday – Run (20 min)  
Easy jog + 3 short pickups / speed up of :20 - :30

Thursday – Rest

Friday – Optional 15 min spin and light stretch

Saturday – REST and race prep (get all your gear organized!)

Sunday – RACE DAY  
Have the BEST day!!!!!!!!!!

# Race Day Tips

- Wake early so you dont have to rush.
- Eat familiar food.
- Arrive calm.
- Walk transition before start.
- Find landmarks for your rack.
- Lay gear neatly.
- Warm up lightly.
- Breathe slowly at swim start.
- Ride steady, not aggressive.
- Start the run conservative.
- Pass people late, not early.
- Smile when it gets hard.
- Remember you belong!