

Cronulla Triathlon Club

8 week Beginner Sprint Plan



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This program is designed to make use of Club sessions available but also gives options if you are unable to make it to a session that day.

Weeks 1 to 4 :

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Day 1	2	3	4	5	6	7
	<div> Training Zones Easy - Easy 3-5/10 Mod - Comfortable 6-7/10 Hard - Race pace 8-9/10 </div> <div> Recovery Day Mondays are for recovery. Give your body time to recover and adapt. </div>	<div> Do CTC Swim Squad or the sessions provided if swimming on your own </div> <div> Swim Note - "on 15sec" means 15 seconds rest </div> <div> Swim 0:30:00 300 fins easy 4 x 25 build on 15sec 4 x 100 mod on 15sec 200 kick fins </div>	<div> Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder. </div>	<div> Bike Intervals can be done on your trainer or a safe stretch of road </div> <div> Ride Intervals 0:45:00 10min warm up 2 x 1min hard / 2min easy 2 x 3min hard / 2min easy Easy cool down to finish </div>	<div> If you cant get to the ocean do the prescribed pool session </div> <div> Club Ocean Swim 0:30:00 If you cant get to the ocean: 10 x 100 mod. on 15sec </div>	<div> Run 0:30:00 Endurance run - easy / mod pace </div>	<div> Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course </div>
Week 2	Day 8	9	10	11	12	13	14
	<div> Recovery Day </div>	<div> Swim 0:30:00 300 fins easy 4 x 25 build on 15sec 6 x 100 mod on 15sec 200 kick fins </div>	<div> Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder. </div>	<div> Ride Intervals 0:45:00 10min warm up 2 x 1min hard / 2min easy 2 x 4min hard / 2min easy Easy cool down to finish </div>	<div> Club Ocean Swim 0:30:00 If you cant get to the ocean: 12 x 100 mod. on 15sec </div>	<div> Run 0:30:00 Endurance run - easy / mod pace </div>	<div> Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course </div>
Week 3	Day 15	16	17	18	19	20	21
	<div> Recovery Day </div>	<div> Swim 0:30:00 300 fins easy 4 x 25 build on 15sec 6 x 100 mod on 15sec 4 x 50 hard on 15sec 200 kick fins </div>	<div> Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder. </div>	<div> Ride Intervals 0:45:00 10min warm up 3 x 1min hard / 2min easy 3 x 3min hard / 2min easy Easy cool down to finish </div>	<div> Club Ocean Swim 0:30:00 If you cant get to the ocean: 6 x 100 mod. on 5sec 3 x 200 mod on 15sec </div>	<div> Run 0:35:00 Endurance run - easy / mod pace </div>	<div> Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course </div> <div>+</div>
Week 4	Day 22	23	24	25	26	27	28
	<div> Recovery Week Easing off this week to allow your mind and body to have a rest. </div> <div> Recovery Day </div>	<div> Swim 0:30:00 300 fins easy 4 x 25 build on 15sec 4 x 100 easy on 15sec 200 kick fins </div>	<div> Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder. </div>	<div> Day off </div>	<div> Club Ocean Swim 0:20:00 If you cant get to the ocean: 500 easy continuous </div>	<div> Run 0:20:00 Endurance run - easy pace </div>	<div> Club Ride 1:30:00 Endurance ride - moderate pace. Stay on a flat course </div>

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Weeks 5 to 8 :

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 5	Day 29	30	31	32	33	34	35
	Recovery Day	Swim 0:30:00 300 fins easy 2 x 50 build on 15 sec 6 x 100 mod on 15sec 2 x 50 hard on 15sec 200 kick fins	Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder.	Ride Intervals 0:45:00 10min warm up 3 x 1min hard / 2min easy 3 x 4min hard / 2min easy Easy cool down to finish	Club Ocean Swim 0:30:00 If you cant get to the ocean: 6 x 100 mod. on 15sec 3 x 200 mod on 15sec	Run 0:35:00 Endurance run - easy / mod pace	Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course
Week 6	Day 36	37 Today	38	39	40	41	42
	Recovery Day	Swim 0:30:00 300 fins easy 4 x 50 build on 15 sec 6 x 100 mod on 15sec 4 x 50 hard on 15sec 200 kick fins	Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder.	Ride Intervals 0:45:00 10min warm up 4 x 1min hard / 2min easy 4 x 3min hard / 2min easy Easy cool down to finish	Club Ocean Swim 0:30:00 If you cant get to the ocean: 4 x 50 mod. on. 15sec 6 x 100 mod. on 15sec 3 x 200 mod on 15sec	Run 0:35:00 Endurance run - easy / mod pace	Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course
Week 7	Day 43	44	45	46	47	48	49
	Recovery Day	Swim 0:30:00 300 fins easy 4 x 50 build on 15 sec 4 x 100 mod on 15sec 6 x 50 hard on 15sec 200 kick fins	Club Run 0:30:00 Moderate paced endurance run with the last 1km done a bit harder.	Ride Intervals 0:45:00 10min warm up 8 x 1min hard / 2min easy 2 x 3min hard / 2min easy Easy cool down to finish	Club Ocean Swim 0:30:00 If you cant get to the ocean: 200 easy fins 200m mod 200 easy fins	Run 0:40:00 Endurance run - easy / mod pace	Club Ride 1:30:00 Endurance ride - easy / mod pace. Stay on a flat course
Week 8	Day 50	51	52	53	54	55	56
	Race Week Make sure you get all your gear organised early and have it ready to go. Recovery Day	Swim 0:20:00 300 fins easy 4 x 50 build on 15 sec 4 x 100 mod on 15sec 200 kick fins	Club Run 0:20:00 Cut the run short today. No efforts at all. Just all nice and easy	Day off	Club Ocean Swim 0:20:00 If you cant get to the ocean: 200 easy fins 200m mod 200 easy fins	Easy Bike 0:15:00 Easy ride. Have 2 x 20sec surges in pace to feel fast. Make sure your bike is ready to go.	<div> JAN 30 </div> 2 WEEKS UNTIL EVENT Race Day Race Day Instructions Eat 2 hours before Arrive 1 hour before Easy 5min run warm up Enjoy your race