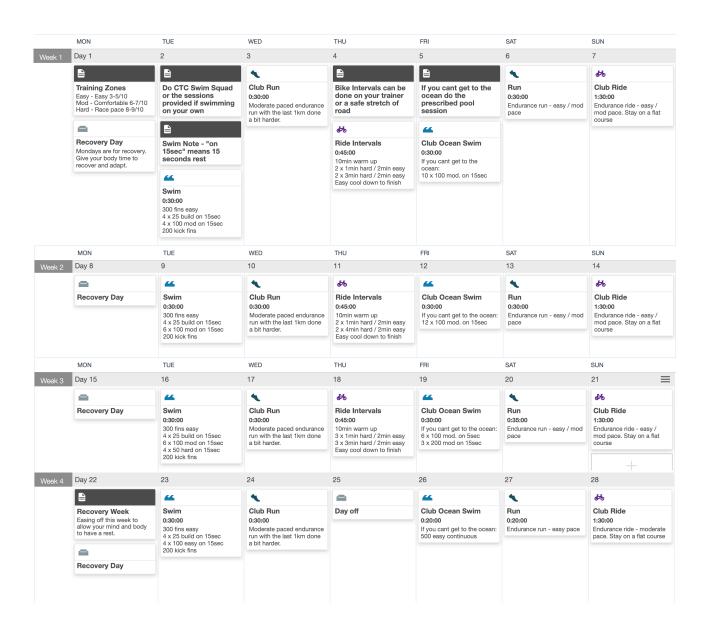
Cronulla Triathlon Club 8 week Beginner Sprint Plan



Created by Peter Clifford : Triathlon Australia Accredited Performance Coach

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:



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Weeks 5 to 8:

