

6 weeks to a Sprint Triathlon - Crash Course

[This program is based on a few parameters: You can run 5km (30-40 minutes), can bike 10km (30 min), can swim 50 m (2 continuous laps)]

Week/Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Bike and T2	REST	(Brick Workout - Bike/Run)	(Short Swim)	REST	(Long Swim and Run)	REST
1	Bike 60 min and optional run 10 min (meet 6:45am)		Bike 30 min and run 10 min (meet 7:15pm)	Swim 25 min (8x25m w 20 sec rest, 100m easy, 4x25m hard - recover in between)		Run 34 min and swim for 40 min (8x50m w 30 sec rest, 8 x 25 w 20 sec rest)	
2	Bike 60 min and optional run 10 min (meet 6:45am)		Bike 45 min and run 15 min (meet 7:15pm)	Swim 25 min (100m swim no rest, 8 x 50 w 30 rest, 4 x 25 w 20 rest)		Run 38 min and swim for 40 min (100m swim x 2 w 1 min rest, 8 x 50, 8 x 25 v drafting)	
3	Bike 70 min and optional run 10 min (meet 6:30am)		Bike 60 min and run 20 min (meet 7:00pm)	Swim 30 min (150m swim no rest, 16 x 25m 20 sec rest, 5 x 50 w 30 sec rest)		Run 42 min and swim for 40 min (unless open water = 30 min) (2x200m w 1 min rest, 6x100m w 20 sec rest)	
4	Bike 70 min and 35 min open water swim (meet 6:30am)		Bike 60 min and run 25 min (meet 7:00pm)	Swim 30 min (Optional)		40 min open water swim (meet 6:15pm) and 45 min run	
5	Bike 80 min and 40 min open water swim (meet 6:30am)		(Mini Tri) Swim 5 min, T1, Bike 30 min, T2, run 15 min (meet 7:15pm)	Swim 35 min (Optional)		45 min open water swim (meet 6:15pm) and 48 min run	
6	Bike 60 min and 45 min open water swim (meet 7:30am)		Bike 60 min easy and run 10 min easy (meet 7:00pm)	REST		Easy open water swim 30 minutes (meet 6:15pm)	
RACE DAY on weekend			REST or easy run	REST	REST	Easy run/swim	REST