

Sample Training Plan
8 - week Sprint Triathlon

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	31-May	Cross train (cardio)	Strength + Swim 30	Bike 45 min	Swim 30	Run 30** + Strength	Swim Clinic*	Rest
2	7-Jun	Cross train (cardio)	Strength + Swim 30	Bike 45 min	Swim 30	Run 30** + Strength	Running Clinic*	Rest
3	14-Jun	Cross train (cardio)	Strength + Swim 30	Bike 45 min	Open Water Swim	Run 30** + Strength	Rest	Brick: Bike 45, Run 10
4	21-Jun	Cross train (cardio)	Strength + Swim 30	Bike 45 min	Swim 30	Run 30** + Strength	Rest	Brick: Bike 45, Run 15
5	28-Jun	Cross train (cardio)	Strength + Swim 30	Bike 45 min	Swim 30	Run 30** + Strength	Rest	Brick: Bike 50, Run 15
6	5-Jul	Cross train (cardio)	Strength + Swim 30	Brick: Bike 45, Run 15	Swim 30	Run 30** + Strength	Rest	Brick: Bike 50, Run 20
7	12-Jul	Cross train (cardio)	Strength + Swim 30	Brick: Bike 45, Run 15	Swim 30 + Stretch	Run 30 + Strength	Rest	Brick: Bike 50, Run 30
8	19-Jul	Cross train (cardio)	Swim 30	Brick: Bike 30, Run 15	Swim 15 + Stretch	Rest	Race Day	Recovery!

* Schedule Surviving Strong trainings - see calendar for more information www.survivingstrong.org/events.html

** If you have built up running endurance and do not want to lose that running specific ability, you can increase your runs to meet your individual needs.