

## East Grinstead Sprint Triathlon Beginners Training Schedule

The following training schedule is intended for beginners, designed to provide a 'build up, get-round and enjoy' approach.

The club would be delighted to hear from anyone who intends to follow the training programme and would like to come along to club training sessions where you will find advice, guidance, answers about triathlon and what to expect on race day.

It is important that you visit your GP for a medical check before embarking on this training plan.

### Training Schedule Abbreviations:

Easy Easy effort throughout session

Mod Moderate (medium) pace session

Hard Hard effort over short distances or for a short time

Reps Number of times (Repetitions) of a particular distance or time interval

Rest Recovery period between Reps

e.g. 2x100m / 20secs = two lots of 100 metres (swim) with 20 seconds Rest between each 100m Rep

### Week: 1

Date	Session
Sun 21 Jan	Bike: 30 mins - Easy
Mon 22 Jan	
Tue 23 Jan	Swim: 6x50m, then 2x100m - all Easy / 30secs rest between each rep
Wed 24 Jan	
Thu 25 Jan	Run: 10 mins - Easy
Fri 26 Jan	
Sat 27 Jan	

### Week: 2

Date	Session
Sun 28 Jan	Bike: 35 mins - Easy
Mon 29 Jan	
Tue 30 Jan	Swim: 4x50m, then 2x150m - all Easy / 30secs rest between each rep
Wed 31 Jan	
Thu 1 Feb	Run: 10 mins - Easy
Fri 2 Feb	
Sat 3 Feb	Swim: 2x100m, then 200m - all Easy / 30secs rest between each rep

### Week: 3

Date	Session
Sun 4 Feb	Bike: 40 mins - Easy
Mon 5 Feb	
Tue 6 Feb	Swim: (100m Mod, 4x50m Mod) & repeat / 20secs rest between reps
Wed 7 Feb	Bike: 30 mins – Hilly course
Thu 8 Feb	Run: 15 mins – Hilly course
Fri 9 Feb	
Sat 10 Feb	Swim: 4x50m, then 2x200m - all Easy / 30secs rest between reps

**Week: 4 (Recovery Week)**

Date	Session
Sun 11 Feb	Bike: 30 mins - Easy
Mon 12 Feb	
Tue 13 Feb	
Wed 14 Feb	Bike: 30 mins – Mod
Thu 15 Feb	Run: 10 mins – Easy
Fri 16 Feb	
Sat 17 Feb	Swim: 5x100m – Easy / 30secs rest between reps

**Week: 5**

Date	Session
Sun 18 Feb	Bike: 45 mins - Easy
Mon 19 Feb	
Tue 20 Feb	Swim: (200m Mod, 4x50m Hard) & repeat / 20secs rest between reps
Wed 21 Feb	Bike: 30 mins – Hilly course
Thu 22 Feb	Run: 15 mins – Hilly course
Fri 23 Feb	
Sat 24 Feb	Swim: 3x100m, then 300m - all Easy / 30secs rest between reps

**Week: 6**

Date	Session
Sun 25 Feb	Bike: 50 mins - Easy
Mon 26 Feb	
Tue 27 Feb	Swim: 4x50 Easy, then 6x100m Mod / 15secs rest between reps
Wed 28 Feb	Bike: 35 mins – Mod
Thu 29 Feb	Run: 20 mins – Easy
Fri 1 Mar	
Sat 2 Mar	Swim: 3x100m, then 300m - all Easy / 30secs rest between reps

**Week: 7**

Date	Session
Sun 3 Mar	Bike: 1 hr - Easy
Mon 4 Mar	Run: 15 mins – Mod, Hilly course
Tue 5 Mar	Swim: (300m Mod, 4x50m Hard) & repeat / 20secs rest between reps
Wed 6 Mar	Bike: 40 mins – Hilly course
Thu 7 Mar	Run: 20 mins – Easy
Fri 8 Mar	
Sat 9 Mar	Swim: 4x100m, then 400m - all Easy / 30secs rest between reps

**Week: 8 (Recovery Week)**

Date	Session
Sun 10 Mar	Bike: 40 mins - Easy
Mon 11 Mar	
Tue 12 Mar	Swim: 4x50 Easy, then 5x100m Mod / 15secs rest between reps
Wed 13 Mar	Bike: 30 mins – Mod
Thu 14 Mar	Run: 15 mins – Easy
Fri 15 Mar	
Sat 16 Mar	Swim: 3x100m, then 300m - all Easy / 30secs rest between reps

**Week: 9**

Date	Session
Sun 17 Mar	Bike: 1 hr - Easy
Mon 18 Mar	Run: 20 mins – Hilly course, Mod
Tue 19 Mar	Swim: 4x50 Easy, then 3x200m Mod / 20secs rest between reps
Wed 20Mar	Bike: 40 mins – Hilly course
Thu 21 Mar	Run: 20 mins – Easy
Fri 22 Mar	
Sat 23 Mar	Swim: 3x100m, then 500m - all Easy / 30secs rest between reps

**Week: 10**

Date	Session
Sun 24 Mar	Bike: 50 mins – Easy, then Run: 15 mins – Mod (run straight after bike)
Mon 25 Mar	
Tue 26 Mar	Swim: (300m Mod, 2x100m Hard) & repeat / 20secs rest between reps
Wed 27 Mar	Bike: 45 mins – Mod
Thu 28 Mar	Run: 25 mins – Easy
Fri 29 Mar	
Sat 30 Mar	Swim: 4x100m, then 500m - all Easy / 30secs rest between reps

**Week: 11**

Date	Session
Sun 31 Mar	Bike: 1:15 hr – Easy
Mon 1 Apr	Run: 25 mins – Hilly course, Mod
Tue 2 Apr	Swim: 4x50 Easy, then 2x300m Mod / 20secs rest between reps
Wed 3 Apr	Bike: 50 mins – Hilly course
Thu 4 Apr	Run: 30 mins – Easy
Fri 5 Apr	
Sat 6 Apr	Swim: 4x100m, then 600m - all Easy / 30secs rest between reps

**Week: 12 (Recovery Week)**

Date	Session
Sun 7 Apr	Bike: 1 hr - Easy
Mon 8 Apr	
Tue 9 Apr	Swim: 4x50 Easy, then 3x200m Mod / 20secs rest between reps
Wed 10 Apr	Bike: 40 mins – Mod
Thu 11 Apr	Run: 20 mins – Easy
Fri 12 Apr	
Sat 13 Apr	Swim: 3x100m, then 500m - all Easy / 30secs rest between reps

**Week: 13**

Date	Session
Sun 14 Apr	Bike: 1 hr – Easy, then Run: 20 mins – Mod (run straight after bike)
Mon 15 Apr	
Tue 16 Apr	Swim: 4x50 Easy, then 6x100m Hard / 15secs rest between reps
Wed 17 Apr	Bike: 50 mins – Mod
Thu 18 Apr	Run: 30 mins – Easy
Fri 19 Apr	
Sat 20 Apr	Swim: 2x200m, then 600m - all Easy / 30secs rest between reps

**Week: 14**

Date	Session
Sun 21 Apr	Bike: 1:30 hr – Easy
Mon 22 Apr	Run: 20 mins – Hilly course, Mod
Tue 22 Apr	Swim: 4x50 Easy, 3x100m Hard, 6x50 Hard / 15secs rest between reps
Wed 24 Apr	Bike: 55 mins – Mod
Thu 25 Apr	Run: 35 mins – Easy
Fri 26 Apr	
Sat 27 Apr	Swim: 2x200m, then 700m - all Easy / 30secs rest between reps

**Week: 15**

Date	Session
Sun 28 Apr	Bike: 1 hr – Easy, then Run: 20 mins – Mod (run straight after bike)
Mon 29 Apr	
Tue 30 Apr	Swim: 4x50 Easy, 4x100m Hard, 8x50 Hard / 15secs rest between reps
Wed 1 May	Bike: 1 hr – Mod
Thu 2 May	Run: 40 mins – Easy
Fri 3 May	
Sat 4 May	Swim: 2x150m, then 800m - all Easy / 30secs rest between reps

**Week: 16 (Taper Week)**

Date	Session
Sun 5 May	Bike: 1 hr – Easy
Mon 6 May	
Tue 7 May	Swim: 4x50 Easy, then 5x100m Hard / 15secs rest between reps
Wed 8 May	Bike: 40 mins – Mod
Thu 9 May	Run: 20 mins – Mod
Fri 10 May	
Sat 11 May	Swim: 4x50 Easy, 2x100m Mod, 4x50 Mod / 15secs rest between reps

**Week: 17**

Date	Session
Sun 12 May	East Grinstead Triathlon; Swim 500m, Bike 26km, Run 5km
Mon 13 May	
Tue 14 May	
Wed 15 May	
Thu 16 May	
Fri 17 May	
Sat 18 May	