



# SUMMER ROUNDUP TRIATHLON - 12 WEEK SPRINT TRAINING PLAN

This is a very basic plan just designed for you to finish the race (numbers stand for minutes)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Swim - 15 Run - 20	Run - 20	Bike - 35	Off	Swim - 30	Bike - 40	Off
2	Swim - 20 Run - 25	Run - 20	Bike - 35	Off	Swim - 30	Bike - 45	Off
3	Swim - 20 Run - 25	Run - 25	Bike - 30	Off	Swim - 35	Bike - 45	Off
4	Swim - 20 Bike - 30	Swim - 25	Run - 25	Off	Bike - 45	Run - 30	Off
5	Swim - 25 Bike - 30	Run - 30	Run - 25	Off	Swim - 30	Run - 45	Off
6	Run - 15	Run - 15	Bike - 25	Off	Bike - 25	Swim - 20	Off
7	Run - 15	Bike - 25	Bike - 30	Off	Run - 20	Swim - 25	Off
8	Swim - 25 Bike - 35	Bike - 50	Run - 35	Off	Swim - 30	Run - 35	Off
9	Swim - 25 Bike - 35	Swim - 30	Run - 25	Off	Bike - 35 Run - 20	Run - 35	Off
10	Swim - 30	Run - 45	Bike - 45	Off	Swim - 35	Swim - 500 meters/yds Bike - 15 miles, Run - 5k	Off
11	Run - 30, Swim - 20 Bike - 30	Bike - 35	Run - 25	Off	Swim - 20	Bike - 55 Run - 30	Off
12	Off	Bike - 15	Off	Swim - 15	Run - 15	Off	RACE