

Sprint Distance Training Program – 750m Swim, 20km Bike, 5km Run

Welcome to the Balance & UTS Tri Club Sprint Training Program. This program is designed for athletes with some experience and will help you develop all the skills needed to successfully complete a sprint distance triathlon.

Course Prerequisite

This training program assumes you have either completed the Enticer program or are capable of swimming 500 metres, cycling for 1 hour and running for 30 minutes continuously.

If you are new to physical activity we suggest consulting with your General Practitioner before embarking on this training program.

Program Structure

The program is aimed at progressively providing you with the knowledge, skills and fitness for you to reach your goal of completing a sprint distance triathlon. The program is a guide only and you should always consider your own level of fitness and capability when undertaking any training activities.

Take Advantage of the Balance Training Timetable

Many of the sessions in this program align with the Balance & UTS Tri Club Members Training Timetable. Taking advantage of these sessions will help you develop your skills and provide an opportunity to network with other triathletes. Where you are unable to attend one of the regular training sessions, an alternate session description has been provided.

Balance & UTS Tri Club Members Training Timetable

Find your Balance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Run ¹	Cycle ²	Run ¹	Cycle ²		Keep an eye out for the weekly club email ³	Keep an eye out for the weekly club email ⁵
PM During Day Light Savings				Bolt Series ⁴ As Advertised			

¹ 60 minute run session. Meet at Le Montage, Lilyfield 6am. Monday: interval training. Wednesday: hill/strength training. Contact Rob (Helmet): 0401 895 709. **FREE!**

² 60 min cycle session. Meet at the Queen Street entrance to Concord West train station at 5:45am. Bring money for optional breakfast/coffee after. Contact Mike (Daffy): mike@homealone.com.au or Rob (Helmet): 0401 895 709. **FREE!**

³ Weekend training options are advised by group email prior to the weekend. There will usually be a long ride, a long run and an open water swim. All sessions can be tailored to your needs. Refer to weekly email for contact details. **FREE!**

⁴ During Daylight Savings Balance & UTS Tri Club holds a series of all inclusive social run/walk events starting near Le Montage, Lilyfield. Keep an eye out for these sessions in the weekly email during daylight savings months.

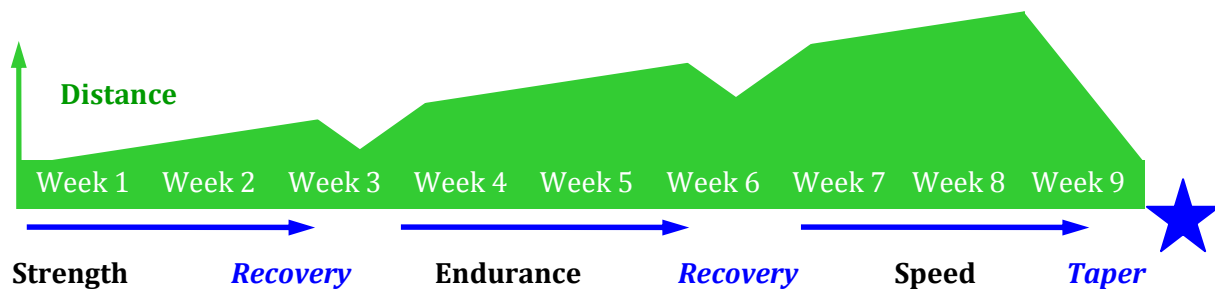
What if I Miss a Session?

Feel free to move training sessions around to fit with other commitments. Ideally you should aim to complete most of the sessions, however avoid trying to *catch-up* for missed sessions at the end of the week.

Sprint Training Program Overview

The nine week program is split in to three development blocks with short recovery periods every three weeks. As your skills and fitness develop the distance of your training sessions will also increase.

Recovery is a key part of improving your fitness and avoiding injury and we suggest that you consider booking at least one sports massage to align with one of the recovery periods.



Perceived Training Effort Levels

The following table provides a guide for effort levels and Heart Rate (HR) zones throughout the program:

Effort	Description	HR Guide*
E1 - Recovery	Warm-up and Cool-down pace	105-125
E2 - Easy	Slightly elevated HR, can comfortably hold a conversation	125-135
E3 - Moderate	Elevated HR but sustainable, limited conversation	135-145
E4 - Hard	Elevated HR, sustainable for periods up to 10-15 minutes, can only manage two -three word answers	145-155
E5 - Threshold	Maximum HR sustainable for 2 - 3 minutes before needing recovery	155 +

*HR zones are a guide only & will vary from person to person, for more accurate zones consider taking a HR test

Understanding Swim Set Details

Throughout the program you will see swim sets like:

Main set – All at moderate effort; 4 x 50m FS on 30 sec, 8 x 25m FS on 20 sec, 4 x 50m FS on 30 sec.

This means – Moderate effort as per the guide above, 4 x 50 metre Free Style on a 30 sec recovery between each 50 metres followed by 8 x 25 metre Free Style on 20 second recovery between each 25 metres and finally 4 x 50 metre Free Style on 30 recovery between each 50 metres.

Questions

Feel free to ask questions at any of the normal Balance training sessions.



Sprint Training Program

Block 1 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 100m easy warm-up Main Set - 500 meters as 6 x 50m - 25 easy, 25 moderate on 20 sec 2 x 100m as 75m easy, 25m moderate on 30 sec Cool Down - 2 x 50m on 20 sec recovery
	Run - 10 minute easy run warm up 5 x 500m moderate pace with 1 minute recovery between 500's 10 easy run cool down	
Tuesday	Cycle² - Homebush 60 min Ride Test - 10 minute warm up at 100rpm, 10k or 7 laps of the Tennis Courts at hard time trial pace, 10 minute cool down. Record time for TT	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 100m easy warm-up Main Set - 700 meters as 8 x 50m - 25 easy, 25 moderate on 20 sec 3 x 100m as 75m easy, 25m moderate on 30 sec Cool Down - 2 x 50m on 20 sec recovery
	Run - 10 minute jog warm up 30 minutes of moderate hills, easy pace (walking is ok if HR gets too high on hills) 10 minute jog cool down	
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 3 minutes using 39x19, 5 min easy, 4 min 39x17, 5 min easy, 5min using 39x15, 15 minute cool down. All 5 minute efforts only using moderate heart rate, guide 135-145bpm Rest of the ride at an easy pace.	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Rest or Core workout/stretch	
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 60 minutes including 3 x 5minute big gear or climbing efforts remainder in the ride group	<i>Optional ocean/open water swim</i>
Sunday	Long Run – 50 minutes at an easy pace	



Block 1 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am Or	Swim – 2 x 100m warm-up Main set – 500m straight out at moderate pace Cool down – 1 x 100 fins or pull buoy
	Run - 10 minute jog warm-up 3 x 1k efforts include 1 hill per effort 1 minute recovery between efforts 10 minute cool down	
Tuesday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main Set - 5 minutes using 39x15, 3 min easy, 5 minutes 39x14, 3 min easy, 5min using 39x12. All 5 minute efforts only using moderate heart rate, guide 135-145bpm Rest of the ride at an easy pace.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 2 x 100m warm-up Main set - 800 meters as 4 x 50m as 25m easy, 25m hard on 20 sec 2 x 100 as 75m easy, 25m hard on 25 sec 2 x 150m build, 50m easy, 50m moderate, 50m hard on 30 sec Cool down – 1 x 100 fins or pull buoy
	Run - 10 minute jog warm-up 30 minutes of moderate hills, easy pace (walking is ok if HR gets too high on hills) 10 minute jog cool down	
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main Set - Armoury loop if possible. 5 laps of carpark hill then moderate pace to Silverwater jail to Hill Road and ferry wharf and back to carpark. Repeat twice. All efforts only using moderate heart rate, guide 135-145bpm	<i>Optional Run⁴ – As advertised via the balance Weekly email</i>
Friday	Rest or core workout/stretch	
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 60 minutes including 5 x 5minute big gear or climbing efforts remainder in the ride group Run off the bike for 5 minutes	<i>Optional ocean/open water swim</i>
Sunday	Long Run - TEST 10 minute easy warm-up, 5k flat time trial, 10 minute walk cool down. Record time for TT	



Block 1 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 100m warm-up Main set – 800m as 2 x 100m build on 15 sec 3 x 200 build to race pace by final 50 on 30 sec Cool down – 100m fins or pull buoy
	Run - 10 minute jog warm up 10 x 400m on 30 sec recovery (find a local track) Walk/jog cool down	
Tuesday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 5 minutes using 53x19, 1 min easy, 5 minutes 53x17, 1 min easy, 5min using 53x15. All 5 minute efforts at moderate to hard heart rate, guide 135-155bpm. Rest of the ride at an easy pace.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 200m warm-up Main set – 1km as 2 x 50m as 35m easy, 15m hard on 15 sec 3 x 200 build to race pace by final 50 on 30 sec 1 x 300 moderate Cool down – 100m fins or pull buoy
	Run - 15 minute warm up include 3 x 1 minute moderate effort 30 minutes of moderate hills at moderate pace (try to run all hills today) 10 minute jog cool down	
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 40 minute mixed gear with short hills at a firm but sustainable pace (Guide - 135-155 bpm). Rest of the ride at an easy pace.	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Rest or core workout/stretch	
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 90 minute including 2 x 5minute efforts at front of the ride group, remainder of the ride in the group. 2km run off the bike	
Sunday	Long Run - 45 minute off-road run flat. Easy tempo. Important to finish feeling relatively comfortable do not race.	Ocean / Open Water swim Good time to try out your wet suit if you have one. Spend at least 30 minutes in the water.



Block 2 – Endurance		
Day	AM Session	PM Session
Monday	Rest	Swim – 750m straight out at an easy pace
Tuesday	Cycle² - Homebush easy 60 min for time only	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim Main set - 1km as 1 x 100m super easy 2 x 50m as 35m easy, 15m hard on 15 sec 2 x 300m build to race pace by final 50 on 30 sec 200m fins or pull buoy
	Run - 10 minute jog warm up 1km easy 1km moderate 1km easy 1km moderate 10 minute jog cool down	
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 3 x 10 minute solo Time Trial at moderate effort on 5 minute recovery between sets. If riding in a group keep your 7 meters between bikes. Rest of the ride at an easy pace.	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Rest or core workout/stretch	
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Hilly/rolling terrain 90 minute including 4 x 5minute efforts at front of ride group, remainder of ride in the group. 2km run off the bike	
Sunday	Long Run 50-60 minute off-road/trail run flat. Easy tempo. Important to finish feeling relatively comfortable do not race.	Ocean / Open Water swim Good time to try out your wet suit if you have one. Spend at least 30 minutes in the water.



Block 2 – Endurance		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 100m warm-up Main set – 1.2km as 3 x 400m on 30 sec, sets 1 & 3 FS, set 2 pull buoy
	Run for time over undulating course. Up to 1 hour moderate pace	
Tuesday	Cycle² - Homebush 60 min Warm-up - 15 minutes at 100rpm Main set - 30 minute rolling pace line. Pace line effort to be moderate not easy. 15 minute warm down	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 200m warm-up Main set – 1.2km as 1 x 100m moderate pace 3 x 300 build to race pace by final 50 200m fins or pull buoy
	Run - 10 minute jog warm up 2k moderate 2k HARD 2k moderate 10 minute jog cool down	
Thursday	Cycle² - Homebush 70 min Warm-up - 10 minutes at 100rpm Endurance Ride - 50 minute ride in group using rolling pace line. Main set to include 2 x 10 minutes at higher tempo (i.e. just able to talk but distressed). 10 minute recovery	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Rest or core workout/stretch	
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 60 minute including 2 x 5minute efforts at front of ride group and 2 x 1minute MAX effort, remainder of the ride in the group. 3km run off the bike.	
Sunday	Long Run 60 minute road run. Easy tempo. Important to finish feeling relatively comfortable do not race.	Ocean / Open Water swim Good time to try out your wet suit if you have one. Spend at least 30 minutes in the water.



Block 2 – Endurance		
Day	AM Session	PM Session
Monday	Rest	Swim – 750m straight out at easy pace
Tuesday	<p>Cycle² - Homebush 60 min Warm-up - 10 minutes at 90rpm Ride for time only. 1 hour minimum. High cadence to help flush out fatigue in legs from last few weeks. Enjoy an easy ride with mates</p>	
Wednesday	<p>Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or</p>	<p>Swim Main set – 1.2km as 3 x 400m on 30 sec at easy to moderate pace – set 3 with pull buoy</p>
	Run for time only 45 minutes max, easy effort	
Thursday	<p>Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 40 minute mixed gear set with short hills, set to be 135-155bpm as a guide. Rest of the ride at an easy pace.</p>	<p><i>Optional Run⁴ – As advertised via the Balance Weekly email</i></p>
Friday	Rest	Rest
Saturday	<p>Kurnell Swim, Bike, Run session 2 x short swim bike run set at Kurnell in a group. This is a dry run through your transitions and should almost total race day distances without the physical drain of race day. Have fun! (Swim can be done in the netted ocean pool adjacent to Prince Charles Pde)</p>	
Sunday	Rest	Rest



Block 3 – Speed		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am Or	Swim – 2 x 100m warm-up Main set – 1.3km as 4 x 50m as 25m easy, 25m hard on 15 sec 4 x 100m as 50m easy, 50m hard on 25 sec 2 x 200m as 100m easy, 100m hard on 30 sec 1 x 200m hard 1 x 100m easy with fins or pull buoy
	Track set -10 minute jog warm up then 2 x 50m run throughs, picking up to 100m pace 2 x 100m on walk back recovery 2 x 200m on walk back recovery 2 x 400m on 1min recovery 2 x 800m on 2min recovery All intervals should build to maximum pace, but never sacrifice form for speed! 10 minute walk cool down This is a difficult set but you can do it, good luck!	
Tuesday	Cycle² - Homebush 60 min Ride Test - 15 minute warm up at 100rpm, 10k or 7 laps of the Tennis Courts at hard time trial pace, 10 minute cool down. Record time for TT and compare with week 1 TEST. How far have you improved?	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 200m easy warm-up Main set – 1.4km as 2 x 100m build 6 x 50 as 25 easy, 25 hard on 15 sec 2 x 400 build to race pace on 30 sec 100m easy with fins or pull buoy
	Run - for time 40 minutes Fartlek Fartlek translates to “Speed play” in Swedish. After a 10 minute warm-up, pick telegraph poles and run as alternative intervals between them i.e. hard – easy hard – easy etc. Do this as many times as you like through run in a random manner. Some efforts can be as short as 50m, others 200m. Have fun with it!	



Block 3 – Speed		
Day	AM Session	PM Session
Thursday	<p>Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set – 6 x 2 min hard with 2 mins easy pedalling rest between efforts. All 2 minute efforts to be above race pace using high heart rate, guide 155 -170bpm. This set should hurt and gets your body used to operating at high intensity. If you can't complete all efforts that's fine, try to maximise number before pulling pin.</p>	<p><i>Optional Run⁴ – As advertised via the Balance Weekly email</i></p>
Friday	Rest	Rest
Saturday	<p>Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 90 minute including 2 x 5 minute efforts at front of the ride group and 2 x 1 minute maximum effort, remainder in of ride in the group. 3km tempo run off the bike</p>	
Sunday	<p>Long Run 45 minute road run. Easy tempo with 2 x 3min race pace pick-ups in the middle of the run. Important to finish feeling relatively comfortable, ensure that you settle in to an easy tempo after the race pace efforts.</p>	<p>Ocean / Open Water swim Good time to try out your wet suit if you have one. Spend at least 30 minutes in the water including 2 x 5 minute race pace efforts.</p>



Block 3 – Speed		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 200m warm-up Main set – 750m straight out at race pace.
	Run - 10 minute jog warm up 5 x 1km efforts. Build to race pace by effort 4 and 5 with 1 minute recovery between efforts, 10 minute jog cool down.	
Tuesday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 10 minutes hard, 5 min easy, 10 minutes hard and 15 minute cool down. All efforts to be above race pace using high heart rate, guide 155 -170bpm. This set should hurt and gets your body used to operating at high intensity.	
Wednesday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – 200m warm-up Main set – 1.4km as 6 x 50m as 50m easy, 50m hard on 15sec 4 x 50m hard on 20 sec 2 x 200m moderate on 30 sec 1 x 400m at race pace 100m easy with fins or pull buoy
	Run – 5km as, 1km easy, 1km moderate, 3km at race pace.	
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm Main set - 30 minutes hard Time Trial effort above your race pace, 15 minute cool down. Using high heart rate, guide 155-170bpm. No drafting, solo effort please.	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Rest	Rest
Saturday	Cycle – Join the Intermediate weekend ride (as a guide during the session) Flat/rolling terrain 90 minute including 3 x 5 minute efforts at front of the ride group and 3 x 1 minute maximum effort, remainder of ride in the group.	Run – 5km at easy tempo
Sunday	Long Run TEST 10 minute jog warm up, 5k flat time trial, 10 minute walk cool down. Record time for Time Trial and compare to week 2 TEST. How far have you improved?	Ocean / Open Water swim Good time to try out your wet suit if you have one. Spend at least 30 minutes in the water including 2 x 10 minute race pace efforts.



Block 3 – Speed		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Rest
	Run - for time including 3 x 2 minute hard efforts above 5k race pace otherwise easy for 30 minutes	
Tuesday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm 40 minute ride with 5 x 1 minute efforts at moderate pace. Rest of the ride at an easy pace with high cadence.	
Wednesday	Rest	Swim – 100m warm-up Main set – 1km as 4 x 50m as 35m easy, 15m HARD 4 x 50m hard on 15 sec 2 x 300m easy on 30 sec recovery
Thursday	Cycle² - Homebush 60 min Warm-up - 10 minutes at 100rpm 30 minute ride with 3 x 1 minute efforts at moderate effort with high cadence, note these moderate efforts should now be MUCH faster than 8 weeks ago, congratulations.	
Friday	Rest	Rest
Saturday	Bike/Run set - 20 minute ride with 2 x 1 minute efforts and 5 minute moderate run off the bike.	Rest
Sunday	Race - 750m swim, 20k bike, 5k run - include 5 minute warm up run and 3 * 25m sprints in water prior to swim start. RACE HARD!	<i>Have lunch with friends and celebrate a great race. Begin plotting to take a step to Long Course races Congratulations!</i>

CONGRATULATIONS - YOU'RE RACE READY!