Sprint Distance Training (Beginners)
Swim – 0.6mi, Bike – 12.4mi, Run – 3.1mi

Training numbers in Minutes, not distances

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Swim-15	Off	Bike-35	Run-20	Swim-30	Off	Bike-40
	Run-20						
2	Swim-20	Off	Bike-35	Run-20	Swim-30	Off	Bike-45
	Run-25						
3	Swim-20	Off	Bike-30	Run-25	Swim-35	Off	Bike-45
	Run-25						
4	Swim-20	Off	Run-25	Swim-25	Bike-45	Off	Run-30
	Bike-30						
5	Swim-25	Off	Run-25	Run-30	Swim-30	Off	Bike-45
	Bike-30						
6	Run-15	Off	Bike-25	Run-15	Bike-25	Off	Swim-20
7	Run-15	Off	Bike-30	Bike-25	Run-20	Off	Swim-25
8	Swim-25	Off	Run-35	Bike-50	Swim-30	Off	Run-35
	Bike-35						
9	Swim-25	Off	Run-25	Swim-30	Bike-35	Off	Run-35
	Bike-35				Run-20		
10	Swim-30	Off	Bike-45	Run-45	Swim-35	Off	Bike-60
	Run-30						
11	Swim-20	Off	Run-25	Bike-35	Swim-20	Off	Bike-55
	Bike-30						Run-30
12	Swim-20	Off	Off	Run-30	Bike-45	Off	Swim-20
13	Off	Bike-15	Off	Swim-15	Run-15	Off	Race!!!