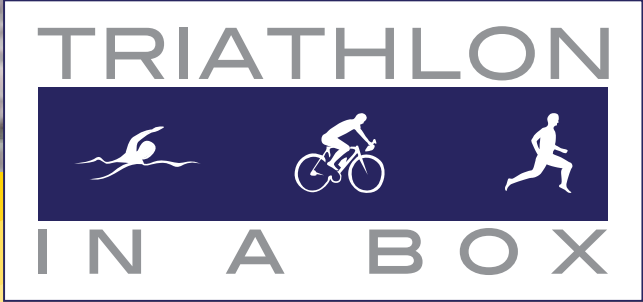




Photo by Jenny Ruley



Sprint Distance Triathlon

Training Plan – 16 Weeks

by **David B. Glover, MS, CSCS** and **Krista A. Schultz, MEd, CSCS**



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Introduction

This 16-week Sprint Distance Triathlon Training Program is designed to start 16 weeks before your goal race and should be used in conjunction with *Triathlon Training Plan Guide* by David Glover and Krista Schultz.

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Waiver of Liability

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover, Krista Schultz, and ENDURANCEWORKS, LLC. By downloading and using this program, you are waiving any liability to David Glover, Krista Schultz or ENDURANCEWORKS, LLC. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

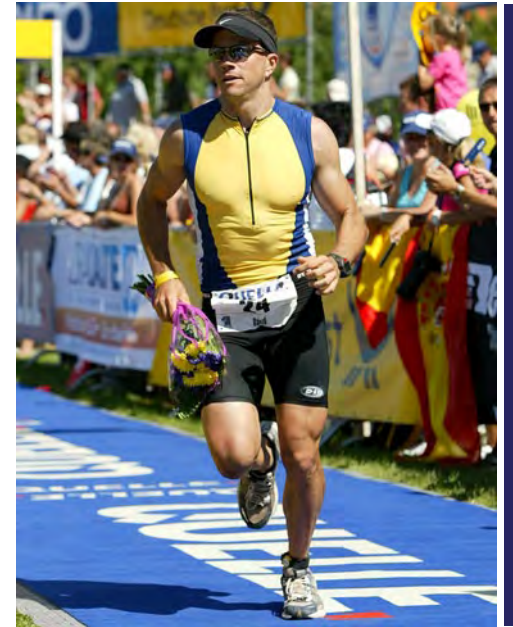
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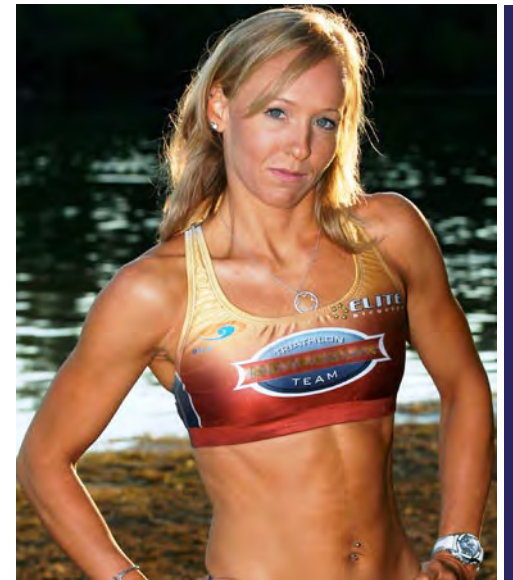
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DAVID GLOVER



KRISTA SCHULTZ



Your Triathlon **TRAINING PLAN**

Your Sprint Triathlon Training Plan

► ***Please Note:***

- ✓ Weeks count down from 16 weeks before to 1 week before (race week).
- ✓ Please see the *Triathlon Training Plan Guide* for details on how to interpret each workout and the abbreviations.
- ✓ Videos demonstrating all the swim drills can be found online at enduranceworks.net/resources.

WEEK 16 / TOTAL HOURS 3.0								
WEEK 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Workout #1: Duration (min): Description:	Day off	Swim 30 Swim #1	Bike 40 Easy ride Z1. Include 2 x 30s single leg drill (each leg)	Run 20 Easy Z1. Include 3 strides — quick pickups for 20s	Swim 30 Swim #2	Bike 40 Steady Z2	Run 20 Steady Z2
	Workout #2: Duration (min): Description:							

WEEK 15 / TOTAL HOURS 3.3								
WEEK 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Workout #1: Duration (min): Description:	Day off	Swim 30 Swim #3	Bike 40 Z1. Include 4 x 30s spinning as fast as you can without bouncing	Run 20 Easy Z1. Include 3 strides — quick pickups for 20s	Swim 30 Swim #4	Bike 50 Steady Z2	Run 25 Steady Z2
	Workout #2: Duration (min): Description:							

TRIATHLON IN A BOX: Sprint Triathlon Training Plan (16 Weeks)

WEEK 14	WEEK 14 / TOTAL HOURS 3.0							
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Workout #1: Duration (min): Description:	Day off	Swim 30 Swim #1	Bike 40 Easy ride Z1. Include 2 x 30s single leg drill (each leg)	Run 20 Easy Z1. Include 3 strides — quick pickups for 20s	Swim 30 Swim #2	Bike 40 Steady Z2	Run 20 Steady Z2
Workout #2: Duration (min): Description:								

WEEK 13	WEEK 13 / TOTAL HOURS 3.5							
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Workout #1: Duration (min): Description:	Day off	Swim 30 Swim #5	Bike 40 Easy ride Z1. Include 4 x 30s single leg drill (each leg)	Run 20 Easy Z1. Include 3 strides — quick pickups for 20s	Swim 30 Swim #6	Bike 60 Steady Z2	Run 30 Steady Z2
Workout #2: Duration (min): Description:								



Swim WORKOUTS

NEXT

Swim Workouts

► Please Note:

- ✓ You can print out the workouts on the next few pages, cut them out and take them to the pool with you in a plastic sandwich bag to reference while swimming.
- ✓ Videos demonstrating all the swim drills can be found online at enduranceworks.net/resources.
- ✓ You can swim the distances given in either yards or meters depending on your pool.

1

Swim workout #1

W/U:

100 any stroke, r15s
2 x 100 float kick drill, r15s

MAIN SET:

1 x 200 easy, r20s
2 x 100 steady, r20s
1 x 200 easy pull, r20s
2 x 50 N/S, r20s

C/D:

200 easy any stroke

Total: 1,200

2

Swim workout #2

W/U:

100 easy free, r15s
2 x 50 side kicking drill, r15s

MAIN SET:

4 x 25 balance drill, r15s
1 x 200 easy, r20s
2 x 150 steady, r20s
2 x 100 (25 fast / 75 easy), r20s

C/D:

200 any stroke

Total: 1,200

3

Swim workout #3

W/U:

200 easy pull, r20s
2 x 50 one arm drill (alternate sides by 25), r15s

MAIN SET:

2 x 200 easy, r20s
2 x 100 steady, r20s
4 x 50 (25 fast, 25 steady), r10s

C/D:

100 easy any stroke

Total: 1,200

4

Swim workout #4

W/U:

300 every 3rd length Tarzan drill

MAIN SET:

1 x 400 easy, r30s
3 x 100 steady pull, r20s
4 x 25 descend, r10s

C/D:

100 easy any stroke

Total: 1,200

5

Swim workout #5

W/U:

200 w/u any stroke, r15s
4 x 25 double entry drill, r15s

MAIN SET:

1 x 300 steady, r15s
1 x 200 steady, r15s
6 x 50 (25 fast / 25 easy) on 15s

C/D:

200 easy any stroke

Total: 1,300

6

Swim workout #6

W/U:

100 w/u any stroke, r15s
4 x 25 long arm doggy paddle, r15s

MAIN SET:

Descending pyramid:
1 x 400, 300, 200, 100 steady, r20s

C/D:

100 easy any stroke

Total: 1,300

About the Authors



Photo by George Chambers

David B.Glover

Author of *Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life*, David Glover is certified as a coach by both USA Triathlon and USA Cycling and has the prestigious CSCS certification from the National Strength and Conditioning Association. David actively coaches a full range of triathletes from first timers to experienced veterans attempting to qualify for the Ironman World Championship in Kona, Hawaii.

A triathlete since 1995 David has completed more than 100 triathlons including twenty-eight Ironman®-distance races. His iron distance accomplishments include qualifying for the Ironman World Championship in Hawaii numerous times, achieving a personal best time of 8:51 and winning five races overall. David raced professionally from 2007–2009 is a 7x USA Triathlon All-American was inducted into the Vineman Hall of Fame in 2007.

David has his BS from the U.S. Naval Academy, MS from Catholic University and is finishing up a second MS in Physiology through Eastern Michigan University. In addition to writing weekly in his blog (davidglover.net), David also writes regularly for both online and print magazines and organizations.

For more information about David's coaching services, training programs, camps and seminars offered through ENDURANCEWORKS, LLC, please visit: enduranceworks.net.

About the Authors



Krista A. Schultz

Krista has her BS in Exercise Physiology from the University of New Orleans and MEd in Athletic Administration from Goucher College. She is certified by USA Triathlon, USA Cycling, National Strength and Conditioning Association (both CSCS and CPT) and USA Weightlifting.

As a coach and exercise physiologist specializing in endurance sports testing including blood lactate, VO₂max and resting metabolic rate (RMR), Krista interacts with hundreds of athletes each year. She regularly speaks at camps and seminars and is a co-founder of She Does Tri Camps, Clinics and Coaching...Just for Women (shedoestri.com).

As an elite-level amateur triathlete, Krista has qualified and competed in the Ironman Hawaii World Championship and represented the state of Maryland for the Best of the U.S. Championship from 2006–2008 while achieving USA Triathlon All-American status four times. She also competed in the Duathlon World Championship in 2006.

For more information about Krista's coaching services and training programs, please visit: enduranceworks.net.

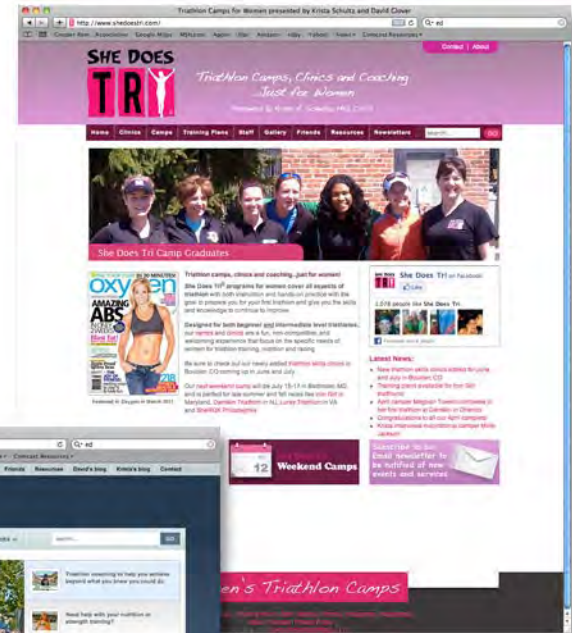
Contact Us

Be sure to visit us on the web at enduranceworks.net for additional resources including training articles, webinars and videos.

If you have questions about your training plan or would like us to develop a training program customized to you, please contact us:

David Glover
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Krista Schultz
email: krista@enduranceworks.net



TRIATHLON



IN A BOX