



**INVEST IN YOUR HEALTH
AND YOUR WEALTH**

8-week
Sprint training plan
for intermediate triathletes

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Key notes

AJ Bell have teamed up with RG Active in putting together training plans to make sure your preparation for The AJ Bell London Triathlon goes to plan and you stay injury free.

Please find below an 8-week Sprint triathlon training plan to help you prepare for your event. This plan has the main objective of COMPETING.

- ▶ Congratulations on your decision to tackle a Sprint distance triathlon. If you can apply yourself to the training over the next 8 weeks then you can really enjoy the day of the race and hopefully reap the beneficial fitness rewards that it can bring. In order to be able complete the training you should have a reasonable level of fitness at the start of the training.
- ▶ Before you begin the training it is worth considering your current state of health, and if you have any reservations as to whether you are able to complete the training or the race then you should consult your GP first. However, if you are generally healthy, know how to swim, how to ride a bike and you are not too overweight then you are ready to begin training for your triathlon experience. In 8-weeks your fitness can be drastically improved from where you are today and the thousands of men and women who compete in these events every year would testify that if you can be committed to the task in hand then you will be ready on race day.
- ▶ As a pre-requisite you should be able to swim 300m without stopping (12 lengths of a standard 25m pool), cycle for 40mins and run for 25mins. If you feel that you are not quite at that point yet then you will need to put a bit of extra work into the areas where you are weaker.
- ▶ This 8-week schedule will guide you through the training period, allowing enough time for rest and recovery in between sessions, and at a pace that builds gradually from a base of 4hrs per week through to a maximum of 6hrs per week. The programme is structured in such a way that you work in 4 week blocks, progressively building through weeks 1, 2 & 3, and then having a recovery week in week 4.
- ▶ The programme is self-explanatory and each session is broken down into what you need to do. The swim sessions are broken down and some swim drills are explained on the final page of the program.
- ▶ The intensity of the training in this programme is to be executed using the RPE (Rate of Perceived Exertion) scale, this allows the athlete to work to their limits with specific barriers. We would advise that if this kind of training is new to you that you are cautious to begin with until you can understand how your body reacts to the training. The full RPE scale is at the back of the programme.
- ▶ There is no strength or core training included in this programme. If you are already doing strength and core exercises we would advise that you continue with your regime but think about decreasing the number of strength and core sessions per week as the triathlon training should take priority. If you are not doing any strength and core work already then we would suggest that you could consider doing some light core work twice per week, but a strength training programme should not be started as well as trying to begin a triathlon
- ▶ We would strongly advise that as you get closer to the race day you ensure that you train using the exact equipment that you intend to use on race day, the same clothes, the same wetsuit, the same bike and trainers. You should not turn up on race day with brand new equipment to use.

Week 1			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 4 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 3 x 4 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 1 x 400m 1 x 200m 4 x 50m with 15 secs rest between 100m cool down		
Friday	Rest	Rest	Rest
Saturday			30 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 45 mins RPE-6/7 (include hills) Do run straight after the bike	BRICK SESSION 10 mins RPE-5 Do run straight after the bike
Total	2400m	1 hr 23 mins	1 hr 08 mins

Week 2			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 1 x 400m 4 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 4 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 4 x 4 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 1 x 500m 1 x 250m 6 x 50m with 15 secs rest between 100m cool down		
Friday	Rest	Rest	Rest
Saturday			35 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 50 mins RPE-6/7 (Include hills) Do run straight after the bike	BRICK SESSION 10 mins RPE-5 Do run straight after the bike
Total	2850m	1 hr 28 mins	1 hr 19 mins

Week 3			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 1 x 300m 3 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 5 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 3 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 1 x 400m 1 x 200m 4 x 50m with 15 secs rest between 100m cool down		
Friday	Rest	Rest	Rest
Saturday			35 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 45 mins RPE-6/7 (include hills) Do run straight after the bike	BRICK SESSION 15 mins RPE-5 Do run straight after the bike
Total	2400m	1 hr 30 mins	1 hr 21 mins

Week 4			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 1 x 400m 4 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 6 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 4 x 5 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 1 x 500m 1 x 250m 6 x 50m with 15 secs rest between 100m cool down		
Friday	Rest	Rest	Rest
Saturday			25 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 30 mins RPE-6/7 (include hills) Do run straight after the bike	BRICK SESSION 15 mins RPE-5 Do run straight after the bike
Total	2850m	1 hr 22 mins	1 hr 18 mins

Week 5			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 8 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 8 x 4 mins RPE-8 / 1 min RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 3 x 6 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 2 x 400m with 60 secs rest 2 x 100m with 30 secs rest 4 x 50m with 15 secs rest 100m cool down	20 mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			35 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 50 mins RPE-6/7 (Include hills) Do run straight after the bike	BRICK SESSION 20 mins RPE-5 Do run straight after the bike
Total	2900m	2hrs	1hr 29mins

Week 6			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 4 x 200m with last 50m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 10 x 3 mins RPE-8 / 1 min RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 3 x 8 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 4 x 50m with 60 secs rest 1 x 750m with 30 secs rest 4 x 50m with 15 secs rest 100m cool down	30 mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			30 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 45 mins RPE-6/7 (Include hills) Do run straight after the bike	BRICK SESSION 25 mins RPE-5 Do run straight after the bike
Total	2950m	2hrs 05mins	1hr 35mins

Week 7			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 8 x 100m with last 25m very hard with 60 secs rest between 4 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 8 x 4 mins RPE-8 / 1 min RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 3 x 8 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 1 x 800m with 60 secs rest 2 x 100m with 30 secs rest 4 x 50m with 15 secs rest 100m cool down	20 mins RPE-6/7	
Friday	Rest	Rest	Rest
Saturday			30 mins RPE-6/7 Include some hills
Sunday		BRICK SESSION 40 mins RPE-6/7 (include hills) Do run straight after the bike	BRICK SESSION 25 mins RPE-5 Do run straight after the bike
Total	2900m	1 hr 50 mins	1 hr 35 mins

Week 8			
	Swim	Bike	Run
Monday	150m warm up 150m drills of your choice 3 x 200m with last 50m very hard with 60 secs rest between 3 x 50m with 15 secs rest between 100m cool down		
Tuesday		5 mins RPE-5 6 x 3 mins RPE-8 / 1 min RPE-4 5 mins RPE-5	
Wednesday			5 mins RPE-5 4 x 4 mins RPE-8 / 2 mins RPE-4 5 mins RPE-5
Thursday	150m warm up 150m drills of your choice 6 x 100m with last 25m very hard with 60 secs rest between 100m cool down		
Friday	Rest	Rest	Rest
Saturday			10 mins @ RPE:6 A very easy run to keep legs fresh
Sunday	RACE DAY 750m	RACE DAY 20km	RACE DAY 5km
Total	2150m + Race	34 mins + Race	44 mins + Race

Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	Very weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	Hard: I am starting to struggle to hold this pace and my heart is racing and I am sweating heavily
9	Very hard: This is hurting and I can only hold this effort for up to 5 minutes
10	Extremely hard: I am absolutely flat out and this is sprinting. I will need to stop after 30 seconds