



## Du Tri Multisport Sprint Triathlon Training Plan for Beginner/Recreational Athletes

### Start to Finish I - 12 Week Plan

Weeks to Go	Day	Strength/Flexibility	Swim	Bike	Run or Walk
<b>12 - Base Phase</b>					
	Monday	15 min	10 min		
	Tuesday				15min
	Wednesday		Optional: Choice of swim 10, bike 20, run 15 min		
	Thursday	15 min			
	Friday	Rest			
	Saturday			20 min	
	Sunday				15 min
<b>11 Weeks</b>					
	Monday	15 min	10 min		
	Tuesday				15 min
	Wednesday		Optional: Choice of swim 10, bike 20, run 15 min		
	Thursday	15 min			
	Friday	Rest			
	Saturday			30 min	
	Sunday				15 min
<b>10 Weeks</b>					
	Monday	15 min	15 min		
	Tuesday				15 min
	Wednesday		Optional Swim 10, bike 20, run 15 min		
	Thursday	15 min			
	Friday	Rest			
	Saturday			40 min	
	Sunday				15 min
<b>9 Weeks</b>					
	Monday	Rest			
	Tuesday	15 mi	10 min		
	Wednesday				
	Thursday	15 min			
	Friday	Rest			
	Saturday			30 min	
	Sunday				15 min

8 - Build Phase	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	15 min		
Tuesday				15 min
Wednesday		Optional Swim 10, bike 20, run 15 min		
Thursday	15 min			
Friday	Rest			
Saturday	Brick Ride/Run		40 min	5 min
Sunday				20 min

7 Weeks	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	15 min		
Tuesday				15 min
Wednesday		Optional Swim 10, bike 20, run 15 min		
Thursday	15 min			
Friday	Rest			
Saturday	Brick Ride/Run		40 min	5 min
Sunday				25 min

6 Weeks	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	10 min		
Tuesday	Rest			
Wednesday				
Thursday	15 min			
Friday	Rest			
Saturday			30 min	
Sunday				15 min

5 - Peak Phase	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	20 min		
Tuesday				15 min
Wednesday		Optional Swim 10, bike 20, run 15 min		
Thursday	15 min			
Friday	Rest			
Saturday	Brick Ride/Run		45 min	10 min
Sunday				25 min

4 Weeks	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	20 min		
Tuesday	Rest			
Wednesday		Optional choice of swim 20, bike 30, run 20 min		
Thursday	15 min			
Friday	Rest			
Saturday	Brick Ride/Run		50 min	10 min
Sunday				20 min

3 Weeks	Strength/Flexibility	Swim	Bike	Run or Walk
Monday	15 min	20 min		
Tuesday	Rest			
Wednesday		Optional choice of swim 20, bike 30, run 20 min		
Thursday	15 min			
Friday	Rest			
Saturday			60 min	
Sunday				30 min

2 - Taper	Strength/Flexibility	Swim	Bike	Run or Walk
Monday		15 min		
Tuesday	Rest			
Wednesday				
Thursday	Rest			
Friday	Rest			
Saturday	Brick Ride/Run		40 min	10 min
Sunday				20 min

Race Week	Strength/Flexibility	Swim	Bike	Run or Walk
Monday		10 min		
Tuesday	Rest			
Wednesday		Optional choice of swim 10, bike 30, run 20 min		
Thursday	15 min			
Friday	Rest			
Saturday	Shake Out		10 min	5 min
Sunday	RACE DAY! GOOD LUCK!			