



## Du Tri Multisport Sprint Triathlon Training Plan for Experienced Athletes

### Start to Finish I I - 12 Week Plan

Weeks to Go	Day	Strength	Swim	Bike	Run
<b>12 - Base Phase</b>					
	Monday	15 min	20 min		
	Tuesday				20 min
	Wednesday	15 min	20 min		
	Thursday			30 min	
	Friday	Rest			
	Saturday	Brick		30 min	5 min
	Sunday				20 min
<b>11 Weeks</b>					
	Monday	15 min	20 min		
	Tuesday				20 min
	Wednesday	15 min	20 min		
	Thursday			30 min	
	Friday	Rest			
	Saturday	Brick		30 min	5 min
	Sunday				20 min
<b>10 Weeks</b>					
	Monday	15 min	20 min		
	Tuesday				25 min
	Wednesday	15 min	20 min		
	Thursday			40 min	
	Friday	Rest			
	Saturday	Brick		40 min	10 min
	Sunday				30 min
<b>9 Weeks</b>					
	Monday	15 min	15 min		
	Tuesday				20 min
	Wednesday	15 min	15 min		
	Thursday			30 min	
	Friday	Rest			
	Saturday	Brick		30 min	5 min
	Sunday				20 min

8 - Build Phase		Strength	Swim	Bike	Run
Monday		15 min	20 min		
Tuesday					25 min w/5min @RP
Wednesday		15 min	20 min		
Thursday				30 min w/5min@RP*	
Friday		Rest			
Saturday		Brick		45 min w/15min@RP*	10 min
Sunday					30 min

\*RP=RacePace

7 Weeks		Strength	Swim	Bike	Run
Monday		15 min	20 min		
Tuesday					25 min w/7min@RP
Wednesday		15 min	20 min		
Thursday				30 min w/10min@RP	
Friday		Rest			
Saturday		Brick		45 min w/20min@RP	10 min
Sunday					20 min

6 Weeks		Strength	Swim	Bike	Run
Monday		15 min	15 min		
Tuesday					20 min
Wednesday		15 min	15 min		
Thursday				30 min	
Friday		Rest			
Saturday				30 min	10 min
Sunday					20 min

5 - Peak Phase		Strength	Swim	Bike	Run
Monday		30 min	20 min		
Tuesday					25 min w/3min@HE
Wednesday		30 min	20 min		
Thursday				40 min w/5 min@HE*	
Friday		Rest			
Saturday		Brick		55 min w/10 min@JARP**	10 min@RP
Sunday					30 min

\*HE =Hard Effort

\*\*JARP = Just above race pace

4 Weeks		Strength	Swim	Bike	Run
Monday	30 min	20 min			
Tuesday					25 min w/2x (3 min HE w/1 min rest)
Wednesday	30 min	20 min			
Thursday				40 min w/2x (5 min HE w/2min rest)	
Friday	Rest				
Saturday	Brick			55 min w/15 min JARP	10 min RP
Sunday					30 min
3 Weeks		Strength	Swim	Bike	Run
Monday	Rest				
Tuesday					25 min w/3x (3 min HE w/1 min rest)
Wednesday	30 min	20 min			
Thursday				40 min w/3x (5 min HE w/2 min rest)	
Friday	30 min	20 min			
Saturday				55 min w/15 min JARP	10 minRP
Sunday					30 min
2 Weeks		Strength	Swim	Bike	Run
Monday	Rest				
Tuesday					20 min w/3x (1 min HE w/30 sec rest)
Wednesday			15 min		
Thursday				30 min w/5 min HE	
Friday			20 min		
Saturday	Brick			30 min w/10 min JARP	5 minJARP
Sunday					20 min
Race Week		Strength	Swim	Bike	Run
Monday	Rest				
Tuesday					15min w/2min HE
Wednesday				20 min w/3x (1 min HE w/30 sec rest)	
Thursday			10 min		
Friday	Rest				
Saturday	Race Shakeout			10 min	5 min
Sunday	RACE DAY! GOOD LUCK!				