

## ART Training Schedule for Sprint Beginners

<u>Training Weeek</u>	<u>work-out</u>	<u>2nd work out</u>
<b>Monday</b>	<p><b>Swim</b></p> <p>Warm-up (wu): 100m drills (check youtube for drills and pick one you like)</p> <p>Main set (ms):</p> <ul style="list-style-type: none"> <li>4 x 50m a bit above the tempo you aim for your Sprint triathlon, rest 20 sec</li> <li>4 x 50m of which 12.5m fast and 37.5m easy, rest 30sec</li> <li>4 x 100m at sprint tempo, rest 30sec</li> <li>400m straight with your pull-buoy, steady tempo</li> </ul> <p>Cool down (cd): 100m easy as in 50m breast, 50m free</p>	
Week 1	As above	
Week 2	As above	
Week 3	6 x 50m of which 12.5m fast - 37.5m easy; 500m straight with pull buoy	
Week 4	6 x 50m of which 12.5m fast - 37.5m easy; 500m straight with pull buoy	
<b>Tuesday</b>	<p><b>Run:</b></p> <p><b>w/u 10min easy</b></p> <p><b>8 x 50m (count 50 steps with your right foot) fast, walk in between 20seconds</b></p> <p><b>5-10min easy cool down</b></p>	
Week 1	as above	
Week 2	10 x 50m	
Week 3	8 x 75m	
Week 4	8 x 75m	
<b>Wednesday</b>	<b>Rest day</b>	
Week 1	rest day	
Week 2	rest day	
Week 3	rest day	
Week 4	rest day	
<b>Thursday</b>	<p><b>Brick bike - run</b></p> <p>Biking for about 20-3-0min. Start very easy then get in a steady rhythm.</p> <p>run off the bike: 20min easy</p>	
Week 1	as above	
Week 2	as above	
Week 3	as above	
Week 4	as above	

### Notes

Best to do in the swimming pool

If you can do core training (planking, side planking, sit-ups etc) please do. Core refers to your abdominals, side and back muscles. Very important to keep the right posture in long runs.

<b>Friday</b>	<b>rest day</b>
Week 1	as above
Week 2	as above
Week 3	as above
Week 4	as above
<b>Saturday</b>	<b>Long easy run of 60min</b>
Week 1	as above
Week 2	as above
Week 3	70min
Week 4	70min
<b>Sunday</b>	<b>Bike: 10-15min easy spin</b> <b>3 x uphill 30sec all out, then turn back down and repeat</b> <b>40 min of riding easy "rolling hill"s (a bit up/down/up/down)</b>
Week 1	60min as above
Week 2	60min as above
Week 3	5 x uphill and 70min riding in all
Week 4	5 x uphill and 70min riding in all

If you want and can do an open water swim of 8-900m straight without stopping. Don't worry about the speed.