



8 WEEK SUPER SPRINT TRIATHLON TRAINING PROGRAM FOR BEGINNERS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------------------|---------------------------|---------------------------|----------|---|--------------|
| Week#1 | | | | | | |
| Rest | S=10 laps R=10 minutes | S=10 laps R=10 minutes | S=10 laps R=10 minutes | Rest Day | B=15 minutes R=10 minutes (brick workout) | B=20 minutes |
| Week#2 | | | | | | |
| Rest | S=12 laps R=10 minutes | S=12 laps R=15 minutes | S=12 laps R=10 minutes | Rest Day | B=15 minutes R=15 minutes | B=25 minutes |
| Week#3 | | | | | | |
| Rest | S=15 laps R=15 minutes | S=12 laps B=20 minutes | S=15 laps R=15 minutes | Rest Day | B=20 minutes R=10 minutes | B=25 minutes |
| Week#4 | | | | | | |
| Rest | S=15 laps R=15 minutes | S=15 laps B=25 minutes | S=15 laps R=15 minutes | Rest Day | B=20 minutes R=15 minutes | B=30 minutes |
| Week#5 | | | | | | |
| Rest | S=20 laps R=15 minutes | S=15 laps B=30 minutes | S=20 laps R=15 minutes | Rest Day | B=25 minutes R=10 minutes | Rest Day |
| Week#6 | | | | | | |
| Rest | S=20 laps R=20 minutes | S=20 laps B=30 minutes | S=20 laps R=20 minutes | Rest Day | B=30 minutes R=10 minutes | B=35 minutes |
| Week#7 | | | | | | |
| Rest | S=24 laps R=20 minutes | S=20 laps B=30 minutes | S=24 laps R=20 minutes | Rest Day | B=30 minutes R=15 minutes | B=35 minutes |
| Week#8 | | | | | | |
| Rest | S=15 laps R=15 minutes | S=15 laps B=15 minutes | S=10 laps R=10 minutes | Rest Day | B=10 minutes R=10 minutes | RACE DAY! |