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# Vmps Sprint Triathlon Plan Cranberry Sprint



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## Welcome

Thank you for choosing the Vmps Sprint Triathlon Training Plan for the Cranberry Sprint. This training plan has been designed to help a healthy person prepare for the Cranberry Sprint that has a 0.5 mile open water swim in Loon Pond, 11.7 mile flat, single loop bicycle ride, and 3.1 mile single loop run.

## Assessing Readiness to Start the Vmps Sprint Triathlon Training Plan

It is strongly recommended that you consult your physician prior to beginning this training plan. The Vmps Sprint Triathlon Training Plan for Cranberry Sprint requires a baseline level of fitness in each of the three disciplines of triathlon: swim for a minimum of 30 minutes (including rest breaks at the wall), bike for a minimum of 45 minutes, and run/walk for a minimum of 30 minutes.

## Vmps Training Approach

The Vmps training approach is based on current research. Throughout the twelve weeks, the training plan gradually builds training volume in each discipline to promote improved fitness while lessening the likelihood of injury or overtraining. The weekly workout schedule is polarized with midweek interval workouts done at a higher level of intensity, and weekend endurance workouts completed at a lower level of intensity. Perceived exertion is used to monitor training intensity of each workout. A recovery week of reduced training volume and intensity is incorporated into the plan every fourth week to allow for physical adaptations to the training to take place. This research driven training approach, refined through Vmps' coaching experience, delivers results.

Additional information is available in the Appendix to help you implement and make adjustments to this training plan. Refer to the sections--Frequently Asked Questions, Key Terms, Swim Drills, and Rating of Perceived Exertion-- for more details. Contact Vmps about our training plan review services, if you would like a certified triathlon coach to tailor this training plan to your specific needs. Contact information is [info@mpstraining.com](mailto:info@mpstraining.com) or 508-612-3000.

## About Vmps

Vmps helps athletes of all levels and abilities to achieve their endurance sports goals. We provide coaching services, training classes and camps, and skills clinics for triathletes, cyclists, runners, and swimmers. Our triathlon team and running club offer people the opportunity to train and socialize with individuals who enjoy fitting endurance sports into their busy lives. Visit [mpstraining.com](http://mpstraining.com) for more information.

## VMPS SPRINT TRIATHLON TRAINING PLAN

### Twelve Week Vmps Sprint Triathlon Training Plan for Cranberry Sprint Triathlon

| Week | Monday | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   | Totals  |
|------|--------|--|---|--|---|---|--|---|
| 1    | Rest   | <p><b>Bike: Strength Endurance</b><br/><b>Total 45:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 5:00 in a big gear w/ cadence 70-75 RPM, @ RPE 5-6</p> <p>RI 5:00 easy gear w/cadence above 85 RPM, @ RPE 2</p> <p>C/d:<br/>5:00 @ RPE 2</p> | <p><b>Swim: Baseline Data</b><br/><b>Total 25:00</b></p> <p>W/up:<br/>5:00 swim/2:00 kick with board/3:00 swim with pull buoy @ RPE 2-3</p> <p>Main Set:<br/>10:00 @ RPE 3-4.<br/>Record the number of pool lengths covered in this 10:00 interval as your baseline swim fitness.</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Baseline Data</b><br/><b>Total 30:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>20:00 run @ RPE 5-6 on a flat course or treadmill @ 1% incline. Record the distance covered in this 20:00 interval as your baseline run fitness.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>2 x [5:00 swim @ RPE 3-4 (RI :30)/ 4:00 pull @ RPE 3-4 (RI :30)]</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Bike: Baseline Data</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2-3/5:00 RPE 3-4</p> <p>Main Set:<br/>On a flat route with minimal cross streets. 20:00 ride @ RPE 5-6. Record the distance covered in this 20:00 interval as your baseline bike fitness.</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Run: Endurance</b><br/><b>Total 30:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>20:00 run at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>60:00</p> <p><b>Bike</b><br/>80:00</p> <p><b>Run</b><br/>60:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   | Totals  |
|------|--------|---|---|--|--|---|--|---|
| 2    | Rest   | <p><b>Bike: Strength Endurance Total 50:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 6:00 in a big gear w/ cadence 70-75 RPM, @ RPE 5-6</p> <p>RI 5:00 easy gear w/ cadence 85+ RPM, @ RPE 2</p> <p>C/d:<br/>7:00 @ RPE 2</p> | <p><b>Swim: Technique and Endurance Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>4:00 side kicking drill @ RPE 3. (RI: 1:00). 5:00 swim @ RPE 3-4 focusing on feeling the balance from the side kicking drill</p> <p>Main Set:<br/>8 x 1:00 swim @ RPE 3-4 (RI :15). 8 x 1:00 swim with pull buoy @ RPE 3-4 (RI :15).</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Strength Endurance Total 30:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>Hill Pyramid [2:00, 3:00, 4:00, 3:00, 2:00] uphill ~4-5% grade @ RPE 5-6; (RI 1:00 jog downhill after each interval @ RPE 2)</p> <p>C/d: 6:00 run @ RPE 2</p> | <p><b>Swim: Endurance Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>5:00 single arm swim @ RPE 3. Switch pulling arm after each length of the pool.</p> <p>Main Set:<br/>4 x [1:00 single arm swim/4:00 swim @ RPE 3-4 (RI :30)]. Alternate arm used to pull during single arm drill after each minute.</p> <p>C/d:<br/>3:00 easy swim any stroke or kick</p> | <p><b>Bike: Endurance Total 35:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>25:00 ride at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Run: Endurance Total 32:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>22:00 run at RPE 3-4 over varied terrain. Include 3 x :10 strides with quick cadence and faster pace.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>70:00</p> <p><b>Bike</b><br/>85:00</p> <p><b>Run</b><br/>62:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  | Totals  |
|------|--------|--|--|---|---|--|---|---|
| 3    | Rest   | <p><b>Bike: Strength Endurance</b><br/><b>Total 55:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>4 x 5:00 in a big gear w/ cadence 70-75 RPM, @ RPE 5-6</p> <p>RI 5:00 easy gear w/ cadence above 85 RPM @ RPE 2</p> <p>C/d:<br/>5:00 @ RPE 2</p> | <p><b>Swim: Technique and Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>5:00 single arm swim. Switch pulling arm each length. @ RPE 3. (RI:1:00) 4:00 swim @ RPE 3-4 focusing on high elbow catch.</p> <p>Main Set:<br/>10:00 swim @ RPE 4</p> <p>Kick Set:<br/>5:00 kick with board</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Strength Endurance</b><br/><b>Total 35:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>Hill Pyramid [3:00, 4:00, 5:00, 4:00, 3:00] uphill ~4-5% grade @ RPE 5-6; (RI 1:00 jog downhill after each interval @ RPE 2)</p> <p>C/d: 6:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>5:00 Alternate horizontal scull drill for ½ length of pool with swim ½ length of pool @ RPE 3</p> <p>Main Set:<br/>3 x [3:00 swim @ RPE 4 (RI :20)/3:00 kick with board @ RPE 4 (RI :20)]</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Bike: Endurance</b><br/><b>Total 40:00</b></p> <p>W/up: 5:00 ride @ RPE 2</p> <p>Main Set:<br/>40:00 ride at RPE 3-4 over varied terrain</p> <p>C/d: 5:00 ride @ RPE 2</p> | <p><b>Run: Endurance</b><br/><b>Total 35:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>25:00 run at RPE 3-4 over varied terrain. Include 3 x :10 strides with quick cadence and faster pace.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>70:00</p> <p><b>Bike</b><br/>95:00</p> <p><b>Run</b><br/>70:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday | Thursday  | Friday  | Saturday   | Sunday   | Totals  |
|------|--------|---|-----------|---|---|--|--|---|
| 4    | Rest   | <p><b>Bike: Strength Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>1 x 5:00 in a big gear w/ cadence 70-75 RPM. @ RPE 5-6</p> <p>RI 5:00 easy gear w/ cadence above 85 RPM, @ RPE 2</p> <p>C/d: 5:00 @ RPE 2</p> | Rest      | <p><b>Run: Strength Endurance</b><br/><b>Total 20:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>2 x 3:00 run uphill ~4% grade @ RPE 5-6; (RI: 2:00 jog downhill @ RPE 2)</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 25:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2</p> <p>Drill Set:<br/>5:00 drills of choice @ RPE 3</p> <p>Main Set:<br/>10:00 swim @ RPE 3-4</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Bike: Endurance</b><br/><b>Total 30:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>20:00 ride at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Run: Endurance</b><br/><b>Total 20:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>10:00 run at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>25:00</p> <p><b>Bike</b><br/>65:00</p> <p><b>Run</b><br/>40:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   | Totals   |
|------|--------|---|--|--|---|--|--|--|
| 5    | Rest   | <p><b>Bike: Strength Endurance Total 55:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 7:00 in a big gear w/ cadence 80+ RPM, @ RPE 6</p> <p>RI 4:00 easy gear w/cadence 90+ RPM, @ RPE 2</p> <p>C/d:<br/>12:00 @ RPE 2-3</p> | <p><b>Swim: Technique and Endurance Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 Alternate horizontal scull drill for ½ length of pool with swim ½ length of pool @ RPE 3</p> <p>Main Set:<br/>5 x 4:00 swim--begin each length with a few horizontal sculls, and then switch from sculling to swimming going from RPE 3-5 by the end of the 4:00 (RI 1:00)</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Strength Endurance Total 40:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>Hill Repeats<br/>3 x 6:00 uphill ~2-3% grade @ RPE 5-6; (RI 4:00 jog downhill after each interval @ RPE 2)</p> <p>C/d: 5:00 run @ RPE 2</p> | <p><b>Swim: Endurance Total 40:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>5 x [1:00 single arm swim @ RPE 3-4/4:00 swim @ RPE 4-5 (RI :30)]</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Bike: Endurance Total 45:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>45:00 ride at RPE 3-4 over varied terrain<br/>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Run: Endurance Total 38:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>28:00 run at RPE 3-4 over varied terrain. Include 5 x :10 strides with quick cadence and faster pace.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>75:00</p> <p><b>Bike</b><br/>100:00</p> <p><b>Run</b><br/>78:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  | Totals   |
|------|--------|--|--|---|---|--|---|--|
| 6    | Rest   | <p><b>Bike: Strength Endurance</b><br/><b>Total 60:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 8:00 in a big gear w/ cadence 80+ RPM, @ RPE 6</p> <p>RI 4:00 easy gear w/ cadence above 90 RPM, @ RPE 2</p> <p>C/d:<br/>14:00 @ RPE 2-3</p> | <p><b>Swim: Technique and Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>6:00 swim @ RPE 4-5, right into 6:00 swim with pull buoy RPE 4-5 (RI: 2:00)</p> <p>Kick Set:<br/>3:00 kick with board (RPE 4)</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Strength Endurance</b><br/><b>Total 40:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>Hill Repeats<br/>3 x 7:00 uphill ~2-3% grade @ RPE 5-6; (RI 3:00 jog downhill after each interval @ RPE 2)</p> <p>C/d: 5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 15:00</b></p> <p>Open Water Swim</p> <p>15:00 @ RPE 2-3. Practice navigating in the open water</p> | <p><b>Bike: Endurance</b><br/><b>Total 50:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>50:00 ride at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Run: Endurance</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>30:00 run at RPE 3-4 over varied terrain. Include 5 x: 10 strides with quick cadence and faster pace.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>50:00</p> <p><b>Bike</b><br/>110:00</p> <p><b>Run</b><br/>80:00</p> |



## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   | Totals   |
|------|--------|--|---|--|---|---|--|--|
| 7    | Rest   | <p><b>Bike: Strength Endurance Total 60:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 9:00 in a big gear w/ cadence 80+ RPM, @ RPE 6</p> <p>RI 4:00 easy gear w/ cadence 90+ RPM, @ RPE 2</p> <p>C/d:<br/>11:00 @ RPE 2-3</p> | <p><b>Swim: Technique and Endurance Total 40:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>10:00 Alternate swimming with right arm for a length of pool, left arm for a length of pool, both arms for two lengths of pool @ RPE 3-4</p> <p>Main Set:<br/>20:00 swim at RPE 4-5. May use a pull buoy during parts of the interval.</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Strength Endurance Total 40:00</b></p> <p>W/up: 5:00 run @ RPE 2</p> <p>Main Set:<br/>Hill Repeats<br/>3 x 8:00 uphill ~2-3% grade @ RPE 5-6; (RI 2:00 jog downhill after each interval @ RPE 2)</p> <p>C/d: 5:00 run @ RPE 2</p> | <p><b>Swim: Endurance Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>10 x 2:00 swim @ RPE 4-5 (RI :10), use pull buoy on the even ones</p> <p>C/d:<br/>3:00 easy swim any stroke or kick</p> | <p><b>BRICK Bike/Run: Endurance with Race Pace Total 65:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>35:00 ride @ RPE 4-5 over varied terrain. Then immediately put on running shoes and do 10:00 run @ RPE 4.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Run: Endurance with Race Pace Total 40:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>2 x [7:00 run @ RPE 3-4/7:00 run @ RPE 5-6/1:00 jog @ RPE 2 over varied terrain]</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>75:00</p> <p><b>Bike</b><br/>100:00</p> <p><b>Run</b><br/>95:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday | Sunday   | Totals  |
|------|--------|---|--|---|---|----------|--|---|
| 8    | Rest   | <p><b>Bike: Baseline Data</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2-3/5:00 RPE 3-4</p> <p>Main Set:<br/>On a flat route with minimal cross streets.<br/>20:00 ride @ RPE 5-6. Record the distance covered in this 20:00 interval. Compare it to week one baseline data.</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Swim: Testing</b><br/><b>Total 25:00</b></p> <p>W/up:<br/>5:00 swim/2:00 kick with board/3:00 swim with pull buoy @ RPE 2-3</p> <p>Main Set:<br/>10:00 @ RPE 3-4<br/>Record the number of pool lengths covered in this 10:00 interval. Compare it to week one baseline data.</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run Baseline Data</b><br/><b>Total 30:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set: 20:00 run at RPE 5-6 on a flat course or treadmill @ 1% incline. Record the distance covered in this 20:00 interval. Compare it to week one baseline data.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 20:00</b></p> <p>Open Water Swim</p> <p>20:00 @ RPE 2-3. Practice navigating in the open water</p> | Rest     | <p><b>Run: Endurance</b><br/><b>Total 25:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>15:00 run at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>45:00</p> <p><b>Bike</b><br/>45:00</p> <p><b>Run</b><br/>55:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   | Totals  |
|------|--------|---|---|--|--|---|--|---|
| 9    | Rest   | <p><b>Bike: Threshold</b><br/><b>Total 55:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>4 x 6:00 in a big gear w/self-selected cadence 85+ RPM, @ RPE 6-7<br/>RI 4:00 easy gear w/ cadence 85+ RPM, @ RPE 2</p> <p>C/d:<br/>5:00 @ RPE 2-3</p> | <p><b>Swim: Endurance</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>8 x 3:00 swim @ RPE 4-5 (RI :15), use pull buoy on the even ones</p> <p>C/d:<br/>4:00 easy swim any stroke or kick</p> | <p><b>Run: Speed</b><br/><b>Total 45:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>8 x 2:00 run @ RPE 7-8; (RI: 2:00 jog @ RPE 2)</p> <p>C/d:<br/>8:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 35:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 Alternate horizontal scull drill for ½ length of pool with swim ½ length of pool @ RPE 3</p> <p>Main Set:<br/>2 x [4:00 swim/ 3:00 swim with pull buoy/2:00 kick with board, @ RPE 4 (RI 1:00)]</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>BRICK</b><br/><b>Bike/Run: Endurance with Race Pace</b><br/><b>Total 70:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>40:00 ride @ RPE 4-5 over varied terrain. Then immediately put on running shoes and do 10:00 run @ RPE 4.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Run: Endurance with Race Pace</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>2 x [6:00 run at RPE 3-4/8:00 run @ RPE 5-6/1:00 jog @ RPE 2 over varied terrain]</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>75:00</p> <p><b>Bike</b><br/>100:00</p> <p><b>Run</b><br/>100:00</p> |

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| Week | Monday | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   | Totals  |
|------|--------|--|--|--|---|---|--|---|
| 10   | Rest   | <p><b>Bike: Threshold</b><br/><b>Total 60:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>4 x 7:00 in a big gear w/self-selected cadence 85+ RPM, @ RPE 6-7</p> <p>RI 4:00 easy gear with cadence 85+ RPM, @ RPE 2</p> <p>C/d:<br/>6:00 @ RPE 2-3</p> | <p><b>Swim: Endurance</b><br/><b>Total 45:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Drill Set:<br/>5:00 side kicking drill @ RPE 3</p> <p>Main Set:<br/>3 x 5:00 swim @ RPE 3-4 (RI :30)/4:00 pull @ RPE 3-4 (RI :30)</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Speed</b><br/><b>Total 50:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>10 x 2:00 run @ RPE 7-8; (RI: 2:00 jog @RPE 2)</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 30:00</b></p> <p>Open Water Swim</p> <p>30:00 @ RPE 3-4. Practice navigating in the open water</p> | <p><b>BRICK</b><br/><b>Bike/Run: Endurance with Race Pace</b><br/><b>Total 80:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>45:00 ride @ RPE 4-5 over varied terrain. Then immediately put on running shoes and do 15:00 run @ RPE 4.</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Run: Endurance with Race Pace</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>2 x [5:00 run @ RPE 3-4;/ 9:00 run @ RPE 5-6/1:00 jog @RPE 2 over varied terrain]</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>75:00</p> <p><b>Bike</b><br/>110:00</p> <p><b>Run</b><br/>110:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  | Totals  |
|------|--------|--|--|---|---|--|---|---|
| 11   | Rest   | <p><b>Bike: Threshold</b><br/><b>Total 60:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>3 x 10:00 in a big gear w/self-selected cadence 85+ RPM, @ RPE 6-7</p> <p>RI 5:00 easy gear w/ cadence 85+ RPM @ RPE 2</p> <p>C/d:<br/>5:00 @ RPE 2-3</p> | <p><b>Swim: Endurance</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Main Set:<br/>3 x 9:00 swim @ RPE 3-4 (RI 1:00)</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Speed</b><br/><b>Total 45:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>7 x 3:00 run @ RPE 7-8; (RI: 2:00 jog @RPE 2)</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim: Endurance</b><br/><b>Total 35:00</b></p> <p>Open Water Swim</p> <p>35:00 @ RPE 3-4. Practice navigating in the open water</p> | <p><b>BRICK</b><br/><b>Bike/Run: Endurance with Race Pace</b><br/><b>Total 85:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>50:00 ride @ RPE 4-5 over varied terrain. Then immediately put on running shoes and do 15:00 run @ RPE 4</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Run: Endurance with Race Pace</b><br/><b>Total 40:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>2 x [4:00 run @ RPE 3-4;/10:00 run @ RPE 5-6/1:00 jog @ RPE 2 over varied terrain]</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | <p><b>Swim</b><br/>75:00</p> <p><b>Bike</b><br/>115:00</p> <p><b>Run</b><br/>105:00</p> |

## VMPS SPRINT TRIATHLON TRAINING PLAN

| Week | Monday | Tuesday   | Wednesday   | Thursday  | Friday | Saturday  | Sunday  | Totals   |
|------|--------|---|---|---|--------|---|---|--|
| 12   | Rest   | <p><b>Bike: Threshold<br/>Total 40:00</b></p> <p>W/up:<br/>10:00 @ RPE 2-4</p> <p>Main Set:<br/>2 x 7:00 in a big gear w/self-selected cadence 85+ RPM, @ RPE 6-7</p> <p>RI 5:00 easy gear w/ cadence above 85 RPM @ RPE 2</p> <p>C/d:<br/>6:00 @ RPE 2-3</p> | <p><b>Swim: Endurance<br/>Total 30:00</b></p> <p>W/up:<br/>5:00 swim @ RPE 2-3</p> <p>Main Set:<br/>2 x 8:00 swim @ RPE 3-4 (RI 2:00)</p> <p>C/d:<br/>5:00 easy swim any stroke or kick</p> | <p><b>Run: Speed<br/>Total 30:00</b></p> <p>W/up:<br/>5:00 run @ RPE 2</p> <p>Main Set:<br/>4 x 2:00 run @ RPE 7-8; (RI: 3:00 jog @ RPE 2)</p> <p>C/d:<br/>5:00 run @ RPE 2</p> | Rest   | <p><b>Bike: Endurance<br/>Total 35:00</b></p> <p>W/up:<br/>5:00 ride @ RPE 2</p> <p>Main Set:<br/>25:00 ride at RPE 3-4 over varied terrain</p> <p>C/d:<br/>5:00 ride @ RPE 2</p> | <p><b>Race:</b><br/>W/up:<br/>10:00 run @ RPE 2-3, and 5:00 swim @ RPE 3-4.</p> | <p><b>Swim</b><br/>35:00</p> <p><b>Bike</b><br/>75:00</p> <p><b>Run</b><br/>40:00</p> <p>Plus Race</p> |

### Frequently Asked Questions

Q: Why do the workouts specify duration instead of distance?

A: Basing the workout on time (instead of distance) allows for better control of the training stress provided by the workout.

Q: May I include some walking breaks during the run workouts?

A: Yes. Try to walk at a brisk pace when substituting walking for running, but be sure to shorten your stride during the walking breaks.

Q: If I miss a workout, should I try to complete it later in the week?

A: Don't squeeze in workouts that have been missed as that can lead to putting too much training stress on your body. Skip the workout or if it's the sport where you need the most work, replace a different workout from your area of strength with the missed workout.

Q: Why is testing scheduled in week one and week eight?

A: Testing in week one provides baseline fitness data in each discipline; follow up testing in week eight offers the opportunity to assess fitness gains. Minimizing variables is important for getting meaningful data. Perform the swim test in a pool, run test on a treadmill or track, and bike test on a Computrainer for the most consistent testing environment. If any of these venues are not available, choose a flat course with minimal potential for interference, and note any interruptions when interpreting the results from the testing.

Q: How should I modify the training to accommodate my being an experienced athlete in one of the disciplines?

A: You may increase the training volume of the sport for which you have experience, but be cautious about allowing enough energy for the disciplines that are newer to you.

Q: What happens if I am not able to do any of the swim workouts in the open water?

A: It would be best to try to practice in the open water prior to race day. If this cannot be done safely, then do the scheduled open water swim workouts in the pool, and practice during the workout open water swim skills such as sighting (peeking up to see where you are going).

Q: Do I need to swim freestyle?

A: Participants are allowed to use any swim stroke during the triathlon swim. The swim workouts for this triathlon training plan has been designed for individuals who are planning to swim the freestyle stroke for the majority or all of the triathlon swim segment. Modify the swim workouts to meet your specific needs.

Q: What do I do if I am partway down the lane of the pool when I complete the time specified in an interval during a swim workout?

A: Complete the time specified for the interval, and continue at an easy pace to the wall to begin the rest interval or the next part of the swim set. For example, you might complete the '5:00 swim @ RPE 3-4' at the halfway point of the pool lane. In this scenario, you continue to swim easy to the end of the pool, and will begin your rest interval when you reach the end of the lane.

Q: Do the cycling workouts need to be completed outside?

A: No. Indoor cycling provides a more effective means for developing cycling fitness. These workouts can be completed on a bike on an indoor trainer, on a spin bike, or a stationary bicycle.

Q: What happens if I have a question not covered in this FAQ?

A: Tweet your question with #askatricoach

### Key Terms

**Brick:** A brick workout combines two of the triathlon disciplines into a single workout. This helps your body adjust to the specific demands of switching from one discipline to the next on race day.

**Cadence (RPM):** Number of times in a minute that a cyclist's foot makes one complete revolution.

**Fartlek:** In running, a fartlek component mixes brief periods of faster running into the workout.

**Gear:** Reference to the size of the gear being used by a cyclist. Big gear is a gearing selection that produces a lot of resistance; easy gear offers light resistance to pedaling.



**Rating of Perceived Exertion (RPE)**-Level of workout intensity experienced by a person. It is based on a scale of 1-10. See table included with this plan.

**Recovery Interval (RI):** The recovery interval is the amount of time you rest before beginning your next interval. For example, in a swim workout, '3 x 4:00 swim @ RPE 4-5 (RI:30)' means that after you swim for 4:00 at a moderate intensity, you rest for 30 seconds at the wall before pushing off to begin the next 4:00 swim. In cycling, '3 x 5:00 @ RPE 6-7 (RI 4:00 @ RPE 2)' means that you ride at a strong intensity for 5:00, then ride at an easy intensity for 4:00 before beginning the next 5:00 strong intensity interval.

**Recovery Week:** Recovery weeks have reduced training volume and intensity to allow your body to adapt to the training stress from the preceding weeks. In this training plan, Weeks 4 and 8 are recovery weeks.

**Strides (Str):** In running, strides are 20 second accelerations to a very strong pace with a focus on a quick cadence and good run form.

**Taper:** A taper is a period of reduced training volume and intensity prior to a race to allow your body to be adequately rested on race day. In this training plan, week 11 is a taper.

**Warm up (w/up) and Cool down (c/d):** Each workout begins with a warm up, and ends with a cool down. The warm up gradually revs up your cardiovascular system, raises your body temperature, and promotes blood flow to your working muscles. The cool down allows for a gradual recovery of heart rate, and keeps blood from pooling in your lower body. Some studies have shown that a warm up and a cool down may help reduce post workout muscle soreness, and lessen your risk of injury.

### Swim Drills

**Horizontal Sculling Drill**—this drill enables you to build swimming coordination, and feel for the water. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping both arms in front of your head, move your upper arms about 3 to 4 inches wider than your lateral body line, and rotate upper arms slightly so that your elbows point upward slightly. Keep upper arms stable, work from your elbows to press your forearms away from each other as you gradually straighten your elbows, then reverse direction so that your palms face each other and press inwards, slowly bending your elbows.

**Side Kicking Drill**—this drill combines three basic freestyle swimming skills—balance, kicking, breathing. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping your right arm extended, bring your left arm beside your body and rest it along your left side with your left hand on your thigh. Your head is resting against your right shoulder. Begin to kick, and roll onto your right side. Make sure your right palm faces the bottom of the pool, and stays about 8 inches below the surface of the water, even when you breathe. Do six kicks, then rotate onto your left side snaking your arm under your body as you switch sides. When you need a breath, exhale all the air from your lungs into the water, then turn your head to the side to inhale. For example, if you are on your right side, turn your head to the left side to inhale, and then quickly put your face back into the water.

**Single Arm Swim Drill**—this drill allows you to focus on the pull and recovery of the working arm. Push off the wall into a streamline, prone position with both arms extended, biceps squeezing against your ears, and face in the water with eyes looking at the bottom of the pool just slightly in front of you. Keeping one arm extended, use the other arm to swim. Focus on each aspect of the swim pull with your working arm: high elbow catch, middle part of stroke, and finish. Then focus on a relaxed recovery as that working arm recovers before beginning the next stroke.

## Perceived Exertion Guidelines

Modified Gunnar Borg Scale

| Level | Effort  |
|-------|---|
| 10    | <b>Maximal:</b> Almost impossible to continue; completely out of breath; unable to talk                           |
| 8-9   | <b>Extremely Strong:</b> Very difficult to maintain exercise intensity; can barely breath and speak a single word |
| 6-7   | <b>Very Strong:</b> On the verge of becoming uncomfortable; short of breath; can barely speak a sentence          |
| 5     | <b>Strong:</b> Heavy breathing; conversation punctuated by gasps  |
| 3-4   | <b>Moderate:</b> Moderately heavy breathing; can hold short conversation  |
| 2     | <b>Light:</b> Can exercise for hours; relatively easy to breath, can hold a conversation                          |
| 1     | <b>Very Light:</b> Basic movement and activity  |