

Shark Super Sprint
Jul 9, 2011



Hello and congratulations on committing to do what is possibly your very first multi-sport event! It's my desire and goal to help you prepare for this event in a safe way that has you ready to go on race day. Don't be surprised if you get through this one and catch yourself on the net later that day looking for future races. Sprint distance triathlons are the number one growing sport in the country for a reason! They're fun and bring out other athletes that are taking on the challenge and love doing it with other people. You'll see what I mean when you hear complete strangers, and even other athletes, cheering you on!

Now on to the plan. There are two versions to pick from. Both are beginner plans and both will have you ready for race day. They both have the same amount of swimming (and by the way, you'll be swimming 3 times a week as this is usually the sport that most people need the most time to be ready for), so the only difference is the second schedule has you doing a bit more running and biking if you feel like you are ready to do a bit more than what the first plan offers. A few other points:

- both plans are 4 day a week plans. Take at least 2 days off a week, but if you want to do a bit more than what's on the plan, then on one of the off days you can add a 30 min walk or a 15 min recreational bike ride.
- some workouts are highlighted in yellow and these workouts should always have a multi-hour break between them.
- the weekday workouts are designed to be around an hour or less total, so if it's easier to do it all at once and be done for the day, then that's great, but if you want to break it up and do one in the morning and one after work, or one at lunch, etc, then that is perfectly fine. All workouts that can be done either back to back OR different times of day are highlighted in Blue.
- some workouts are called "bricks" and are intended to be done back to back to better simulate the feeling you'll have on race day. These are highlighted in Green. Practice your transitions from bike to run by laying out your run gear ahead of time and quickly move from bike to run. You can also practice your transitions outside of normal workouts anytime you feel like it and this can be a fun way to time how long it takes you and find ways to speed it up! Often in triathlon races are lost and won in the transition area!!!!
- when swimming, especially in the beginning, feel free to take 10-20 second breaks at the end of a length or a lap to recover. For Plan 1 users, starting the end of the 3rd week try and do as much of the swim without stopping as possible. For Plan 2 users begin this at the start of the 3rd week.
- some of you may be interested in a run/walk strategy and that's great! If you think you will race that way then it's best to train that way. Some common combinations are a) run 3 mins walk 2 mins b) run 4 mins walk 1 min c) run 5 mins walk 1.5 mins
- For Plan 2 users, on Green Workout days, try inserting some brief 15-20 second accelerations into your bike and run segments, then settle back into your normal training pace and see how long it takes your heart and breathing to recover.

Best of luck to you and if you have ANY questions, please give me shout and I'll be glad to help. See you on race day!!!

- Coach Moe

Beginner 1								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Total Time
Week 1	Run 10 min Bike 20 min	Off	Swim 100 yd Bike 20 min	Off	Swim 100 yd Run 15 min	Off	Swim 100 yd	1h 40m
Week 2	Run 15 min Bike 30 min	Off	Swim 150 yd Bike 30 min	Off	Swim 150 yd Run 15 min	Off	Swim 150 yd	2h
Week 3	Bike 30 min Run 10 min	Off	Swim 200 yd Bike 40 min	Off	Swim 200 yd Run 20 min	Off	Swim 200 yd	2h 24m
Week 4	Bike 45 min Run 15 min	Off	Swim 250 yd Bike 40 min	Off	Swim 250 yd Run 20 min	Off	Run 10 min Bike 15 min	2h 55m
Week 5	Race Day!!! 200yd swim 6.2 mile bike 1.2 mile run	20 min Walk	20 min Walk	Off	Bike 20 min OR Run 10 min		Bike 20 min OR Run 10 min	
Beginner 2								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Total Time
Week 1	Run 20 min Bike 30 min	Off	Swim 100 yd Bike 30 min	Off	Swim 100 yd Run 20 min	Off	Swim 100 yd	2h 10m
Week 2	Run 25 min Bike 40 min	Off	Swim 150 yd Bike 40 min	Off	Swim 150 yd Run 25 min	Off	Swim 150 yd	2h 40m
Week 3	Bike 40 min Run 15 min	Off	Swim 200 yd Bike 45 min	Off	Swim 200 yd Run 30 min	Off	Swim 200 yd	2h 49m
Week 4	Bike 50 min Run 15 min	Off	Swim 250 yd Bike 50 min	Off	Swim 250 yd Run 30 min	Off	Run 10 min Bike 15 min	3h 20m
Week 5	Race Day!!! 200yd swim 6.2 mile bike 1.2 mile run	20 min Walk	20 min Walk	Off	Bike 30 min OR Run 15 min	Off	Bike 30 min OR Run 15 min	
	Can be done back to back or in different times of the day	Not to be done back to back. Instead, have a multiple hour break between	Brick Workout - should be done back to back					

