

## Sprint and super sprint training plan

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is to train smart.

Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.



Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Swim</b> 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> 20 mins: split 5 mins easy effort, 10 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 2 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike</b> 60 mins alternating easy with steady effort over undulating terrain (if possible) + stretch
<b>Week 2</b>	<b>Swim</b> 600m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> 25 mins: split 5 mins easy effort, 15 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 550m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 3 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike</b> 70 mins alternating easy with steady effort over undulating terrain (if possible) + stretch
<b>Week 3</b>	<b>Swim</b> 600m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> 25 mins: split 5 mins easy effort, 15 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 650m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery then 6 x 50m as 25m front crawl, 25m breast stroke at an easy effort off 30 secs recovery, then 150m front crawl at threshold effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 3 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike / Run</b> Brick Session: split 50 mins bike at easy effort over undulating terrain if possible, then straight into 10 mins run at steady effort + stretch
<b>Week 4</b>	<b>Swim</b> 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Rest</b>	<b>Swim</b> 400m: front crawl easy effort + stretch	<b>Run</b> 10 mins easy effort warm up, 4 x 4 mins at threshold effort off 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike / Run</b> Brick Session: split 50 mins bike at easy effort over undulating terrain if possible, then straight into 10 mins run at steady effort + stretch
<b>Week 5</b>	<b>Swim</b> 700m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 8 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch	<b>Run</b> 30 mins: split 5 mins easy effort, 20 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 700m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery then 6 x 50m as 25m front crawl, 25m breast stroke at an easy effort off 30 secs recovery, then 200m front crawl at threshold effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 4 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike</b> 75 mins: split 30 mins alternating easy with steady effort, then 4 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch
<b>Week 6</b>	<b>Rest</b>	<b>Run</b> 30 mins: split 5 mins easy effort, 20 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 700m: split 10 x 50m at an easy effort alternating between front crawl and breast stroke each length off 30 secs recovery, then 200m front crawl at threshold effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 5 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike</b> 75 mins: split 30 mins alternating easy with steady effort, then 4 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch

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<b>Week 7</b>	<b>Swim</b> 800m: split 12 x 50m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 200m front crawl at threshold effort + stretch	<b>Run</b> 35 mins: split 5 mins easy effort, 25 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 800m: split 6 x 100m at an easy effort alternating between front crawl and breast stroke each 50m off 30 secs recovery, then 200m front crawl at threshold effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 5 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Conditioning</b> 45-60 mins strength and conditioning + stretch (can be a fitness class)	<b>Bike</b> 75 mins: split 30 mins alternating easy with steady effort, then 4 x 4 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch
<b>Week 8</b>	<b>Swim</b> 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m alternating between front crawl and breast stroke each length off 30 secs recovery + stretch	<b>Rest</b>	<b>Swim</b> 600m: 600m front crawl easy effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 3 x 6 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Bike / Run</b> Brick Session: split 60 mins bike at easy effort over undulating terrain if possible, then straight into 15 mins run at steady effort + stretch	<b>Bike</b> 60 mins alternating easy with steady effort over undulating terrain if possible + stretch
<b>Week 9</b>	<b>Swim</b> 1000m: split 4 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery then 2 x 100 metres front crawl at threshold effort off 30 secs recovery then 4 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery + stretch	<b>Run</b> 35 mins: split 5 mins easy effort, 25 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 800m: split 4 x 100m front crawl 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 3 x 6 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Bike / Run</b> Brick Session: split 75 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 15 mins run alternating easy and steady effort + stretch	<b>Bike</b> 90 mins: split 45 mins alternating easy with steady effort, then 4 x 4 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch
<b>Week 10</b>	<b>Swim</b> 1000m: split 8 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery, then 4 x 50m front crawl alternating 25m easy effort with 25m threshold effort, off 30 secs recovery + stretch	<b>Run</b> 40 mins: split 5 mins easy effort, 30 mins steady effort, 5 mins easy effort + stretch. Note: take an extra rest day today if you feel fatigued	<b>Swim</b> 800m: split 4 x 100m front crawl 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch	<b>Run</b> 10 mins easy effort warm up, 10 mins at threshold effort, 10 mins easy effort cool down + stretch	<b>Rest</b>	<b>Bike / Run</b> Brick Session: split 70 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 20 mins run at steady effort + stretch	<b>Bike</b> 90 mins: split 45 mins alternating easy with steady effort, then 5 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest of your ride at an easy effort + stretch
<b>Week 11</b>	<b>Swim</b> 800m: split 4 x 100m front crawl at 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch.	<b>Run</b> 40 mins: split 5 mins easy effort, 30 mins steady effort, 5 mins easy effort + stretch	<b>Swim</b> 800m: 800m front crawl easy effort + stretch	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 10 mins at threshold effort, 10 mins easy effort, cool down + stretch	<b>Rest</b>	<b>Bike / Run</b> Brick Session: split 70 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 20 mins run at steady effort + stretch	<b>Bike / Swim</b> Split 45-60 mins bike at easy effort + stretch, then swim up to 500m front crawl easy effort + stretch. (If your swim is in open water, do this in your wetsuit. Make sure you have someone swimming with you to spot you.)
<b>Week 12</b>	<b>Rest</b>	<b>Run</b> Threshold run: split 10 mins easy effort warm up, 4 x 4 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch	<b>Swim</b> Up to 600m: Swim up to 600m front crawl easy effort + stretch. (If your swim is in open water, do this in your wet suit. Make sure you have someone with you to spot you.)	<b>Run</b> 30 mins easy effort + stretch	<b>Rest</b>	<b>Bike</b> 20 mins easy effort + stretch (and check that your bike is ready for tomorrow)	<b>Race day</b> 