

Octane Athletics Fuel Your Fire Podcast

12 Week Beginner Sprint Triathlon Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 3 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 50 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 30 Minute Moderate Effort Ride	RUN ----- 20 Minutes as: 2 Minute Run followed by 1 Minute Walk	Off Recover with Foam Rolling and light stretching	BIKE ----- 30 Minute Moderate Effort Ride	RUN ----- 20 Minutes as: 2 Minute Run followed by 1 Minute Walk
2	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 4 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 75 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 35 Minute Moderate Effort Ride	RUN ----- 25 Minutes repeating the following: 2.5 Minute Run followed by 1 Minute Walk	Recover/Strengthen ----- Recover with Foam Rolling and light stretching Planks... 30 Second Front Plank 15 Second Side Plank (Left) 15 Second Side Plank (Right)	BIKE ----- 40 Minute Moderate Effort Ride	RUN ----- 25 Minutes repeating the following: 2.5 Minute Run followed by 1 Minute Walk
3	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 2 x 100 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 40 Minute Moderate Effort Ride	RUN ----- 30 Minutes repeating the following: 2.5 Minute Run followed by 45 Seconds Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 30 Second Front Plank 10 Body Weight Squats 15 Second Side Plank (Left) 5 Push Ups 15 Second Side Plank (Right)	BIKE ----- 45 Minute Moderate Effort Ride	RUN ----- 30 Minutes repeating the following: 2.5 Minute Run followed by 45 Seconds Walking
4	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 3 x 100 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up 10 Minutes Hard Effort Ride 10 Minute Easy Spin to Cool Down	RUN ----- 30 Minutes repeating the following: 2.5 Minute Run followed by 45 Seconds Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 30 Second Front Plank 10 Body Weight Squats 15 Second Side Plank (Left) 5 Push Ups 15 Second Side Plank (Right)	BIKE ----- 45 Minute Moderate Effort Ride	RUN ----- 30 Minutes repeating the following: 2.5 Minute Run followed by 45 Seconds Walking
5	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 100 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up 15 Minutes Hard Effort Ride 10 Minute Easy Spin to Cool Down	RUN ----- 35 Minutes repeating the following: 2 Minute Run followed by 1 Minute Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 30 Second Front Plank 10 Body Weight Squats 15 Second Side Plank (Left) 5 Push Ups 15 Second Side Plank (Right)	BIKE ----- 50 Minute Moderate Effort Ride	RUN ----- 35 Minutes repeating the following: 2 Minute Run followed by 1 Minute Walking
6	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 2 x 150 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 5 times: 2 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- Track Workout... WARM UP 7 Minute Easy Jog 3 Minutes Easy Run ----- MAIN SET 4 x 400 (1 Lap) Hard Effort with 2 Minutes rest between each one. ----- COOL DOWN 5 Minute Jog 5 Minute Walk	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 30 Second Front Plank 10 Body Weight Squats 15 Second Side Plank (Left) 5 Push Ups 15 Second Side Plank (Right)	BIKE ----- 1 Hour Moderate Effort Ride	RUN ----- 40 Minutes repeating the following: 3 Minute Run followed by 30 Seconds Walking

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7	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 3 x 150 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 5 times: 3 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- Track Workout... WARM UP 7 Minute Easy Jog 3 Minutes Easy Run ----- MAIN SET 4 x 800 (2 Laps) Hard Effort with 3 Minutes rest between each one. ----- COOL DOWN 5 Minute Jog 5 Minute Walk	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 40 Second Front Plank 10 Body Weight Squats 20 Second Side Plank (Left) 5 Push Ups 20 Second Side Plank (Right)	BIKE ----- 70 Minute Moderate Effort Ride	RUN ----- 40 Minutes repeating the following: 3 Minute Run followed by 30 Seconds Walking
8	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 150 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 5 times: 3 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- Track Workout... WARM UP 7 Minute Easy Jog 3 Minutes Easy Run ----- MAIN SET 4 x 800 (2 Laps) Hard Effort with 3 Minutes rest between each one. ----- COOL DOWN 5 Minute Jog 5 Minute Walk	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 40 Second Front Plank 10 Body Weight Squats 20 Second Side Plank (Left) 5 Push Ups 20 Second Side Plank (Right)	BIKE ----- 75 Minute Moderate Effort Ride	RUN ----- 40 Minutes repeating the following: 4 Minute Run followed by 30 Seconds Walking
9	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 2 x 200 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 4 times: 4 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- 40 Minutes repeating the following: 4 Minute Run followed by 30 Seconds Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 40 Second Front Plank 10 Body Weight Squats 20 Second Side Plank (Left) 5 Push Ups 20 Second Side Plank (Right)	BIKE ----- 80 Minute Moderate Effort Ride	RUN ----- 45 Minutes repeating the following: 5 Minute Run followed by 30 Seconds Walking
10	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 3 x 200 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 3 times: 4 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- 45 Minutes repeating the following: 5 Minute Run followed by 30 Seconds Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 40 Second Front Plank 10 Body Weight Squats 20 Second Side Plank (Left) 5 Push Ups 20 Second Side Plank (Right)	BIKE ----- 80 Minute Moderate Effort Ride	RUN ----- 45 Minutes repeating the following: 5.5 Minute Run followed by 30 Seconds Walking
11	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 200 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 3 times: 5 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- Track Workout... WARM UP 7 Minute Easy Jog 3 Minutes Easy Run ----- MAIN SET 4 x 1200 (3 Laps) Hard Effort with 3 Minutes rest between each one. ----- COOL DOWN 5 Minute Jog 5 Minute Walk	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 60 Second Front Plank 12 Body Weight Squats 30 Second Side Plank (Left) 7 Push Ups 30 Second Side Plank (Right)	BIKE ----- 90 Minute Moderate Effort Ride	RUN ----- 45 Minutes repeating the following: 5.5 Minute Run followed by 30 Seconds Walking
12	Off Recover with Foam Rolling and light stretching	SWIM ----- WARM UP: 2 x 50 Easy Swim (:30 Rest) 1 x 50 Kick with Board and Fins 1 x 50 Pull with Paddles and Buoy ----- MAIN SET: 4 x 200 Moderate Effort (:30 Rest) ----- COOL DOWN: 2 x 50 Very Easy (:30 Rest)	BIKE ----- 10 Minute Easy Spin to Warm Up Intervals... Repeat the following 4 times: 5 Minutes Very Hard 2 Minutes Easy 10 Minute Easy Spin to Cool Down	RUN ----- 45 Minutes repeating the following: 5 Minute Run followed by 30 Seconds Walking	Recover/Strengthen ----- Recover with Foam Rolling and light stretching ----- 60 Second Front Plank 12 Body Weight Squats 30 Second Side Plank (Left) 7 Push Ups 30 Second Side Plank (Right)	Off Recover with Foam Rolling and light stretching	RACE DAY!