

THE 10-WEEK SPRINT-DISTANCE TRAINING PLAN

YOUR COACH

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THE PLAN

This is for a beginner to intermediate triathlete who only has time for seven hours or less of training a week and one workout per day. Given the amount of time and mileage, the triathlete who completes this plan should expect to finish comfortably but will have room to improve with a more advanced program.

KEY

Swim Base = Aerobic interval, can complete the distance and still have about 3-5 secs of recovery for every 100 yards in the interval's distance

Pull = Use pull buoy and/or paddles

Moderate = A mostly aerobic effort

Aerobic = An effort which can be sustained for many hours

Steady = Continuous effort, not broken up

Tempo = An effort which is higher than Aerobic, but sustainable for over an hour

Transition Run = A run to be completed immediately following a bike effort

SR = Seconds Rest

MR = Minutes Rest

WEEK 1

MONDAY

DAY OFF (Stretch)

DAY OFF

TUESDAY

SWIM: 45mins.
MS: 50 15 SR, 100
15 SR, 200 40 SR
300 60 SR, 200 30
SR 100
Even: Race pace
Odd: Easy

WEDNESDAY

RUN: 30mins.
Hilly course w/
moderate-effort
uphills
Easy everything
else

THURSDAY

BIKE: 40mins.
MS: 15 x (30 sec.
at 90% effort,
30sec. easy)

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

SWIM: 45mins.
MS: 3 x 100
moderate 10 SR
1min. rest
3 x 100 moderate
10 SR

SUNDAY

BIKE: 60mins.,
Moderate

WEEK 2

MONDAY

DAY OFF (Stretch)

DAY OFF

TUESDAY

BIKE: 45mins.,
FTP Test

WEDNESDAY

SWIM:
30mins., Swim
test
15-20 mins.
warmup
3x300 for time,
30 SR
Average 100 pace
is threshold pace

THURSDAY

RUN: 45mins.,
Run test
MS: 30mins. best
possible distance

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BIKE: 60mins.,
Endurance

SUNDAY

RUN: 45mins.,
Aerobic

WEEK 3

MONDAY

DAY OFF (Stretch)

DAY OFF

TUESDAY

SWIM:
45mins., Intervals
MS:
5 x 100 20 SR
descend each one
1min. rest
2 x 100 20 SR
same pace as #5
above

WEDNESDAY

RUN: 40mins.,
Tempo feel

THURSDAY

BIKE: 45mins.,
Strength
8-12 x (90sec. @
85-100% effort on
heavy gear 90sec.
easy spin)

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BRICK: 1:15 total
 BIKE: 60mins.
aerobic to
moderate
 **RUN OFF THE
BIKE:** 15mins. on
feel

SUNDAY

RUN: 45mins.,
Aerobic

WEEK 4

MONDAY

SWIM: 45mins., Speed
MS: 4 x 75 10 SR as
25 fast, 25 slow,
25 fast
1min. rest
4 x 75 10 SR as 25
fast, 25 slow, 25
fast
6 x 25 fast 30 SR
4 x 50 fast 30 SR

TUESDAY

BIKE: 60mins.,
Tempo
MS: 20-40mins. @
75-85% effort

WEDNESDAY

DAY OFF (Stretch)

DAY OFF

THURSDAY

RUN: 45mins.,
Speed endurance
MS: 3 x (1mi. at
85%, 1min. rest)

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BRICK: 1:15 total
BIKE: 60mins.
aerobic to
moderate

RUN OFF THE BIKE: 15mins. on
feel

SUNDAY

SWIM: 45mins., Tempo
MS: 300 moderate
pace
1min. rest
3 x 100 20 SR,
build by 100
200 moderate
pace
1min. rest
2 x 100 20 SR,
build by 100

WEEK 5

MONDAY

RUN: 45mins.,
Aerobic
Max 80% effort,
push uphill

TUESDAY

SWIM: 30mins.,
Endurance
30mins.
continuous,
steady

WEDNESDAY

BIKE: 40mins.,
Technique
MS: 5 x (60sec.
at high cadence,
60sec. easy)

THURSDAY

SWIM: 45mins.,
Threshold
MS: 8 x 100 20 SR
moderate
6 x 50 kick 20 SR
moderate

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BRICK: 1:20 total
BIKE: 1:05
Speed strength
MS: 5 x (5mins. @
race effort, 2mins.
easy

RUN OFF THE BIKE: 15mins.
Build by 5mins.

SUNDAY

BIKE: 60mins.,
Easy spin

WEEK 6

MONDAY

RUN: 45min,
Aerobic
MS: 12 x (15sec.
fast, 2mins. rest)

TUESDAY

DAY OFF (Stretch)

DAY OFF

WEDNESDAY

BIKE: 50mins.,
Strength
Hilly ride, big gear,
seated, moderate
effort

THURSDAY

SWIM: 45mins., Speed
threshold
MS: 6 x 100 @
T-pace from
week 2, 10 SR
4 x 50 @ T-pace,
10 SR

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BRICK: 1:45 total
BIKE: 1:15
steady

RUN OFF THE BIKE: 30mins.
steady

SUNDAY

SWIM: 30mins.,
Endurance
30mins.
continuous,
steady

WEEK 7

MONDAY

RUN: 30mins., Easy

TUESDAY

RUN: 45mins., Fartlek
MS: 5 x 1-2mins. faster than 5K pace

WEDNESDAY

BRICK: 1:15, Tempo
 BIKE: 60mins. Building effort with 10K final time trial
 RUN OFF THE BIKE: 15mins. at 10K race effort

THURSDAY

SWIM: 45mins., Speed threshold
MS: 6 x 100 @ T-pace 10 SR
8 x 50 @ T-pace 10 SR

FRIDAY
DAY OFF (Stretch)

DAY OFF

SATURDAY

BIKE: 1:30, Aerobic

SUNDAY

RUN: 50mins., Build Moderate effort, last 20mins. build by 5mins.

WEEK 8

MONDAY

SWIM: 45mins., Aerobic
MS: 4 x 100 10 SR
2mins. rest
300 steady kick
6 x 25 relaxed speed 15 SR

TUESDAY

BIKE: 60mins., Intervals
MS: 4 x (8mins. race effort, 1min. easy)

WEDNESDAY

RUN: 45mins., Recovery
Run as you feel

THURSDAY

SWIM: 45mins., Speed threshold
MS: 6 x 100 @ T-pace 10 SR
4 x 50 @ T-pace 10 SR

FRIDAY
DAY OFF (Stretch)

DAY OFF

SATURDAY

BRICK: 1:30, Track intervals
MS: 20mins. bike moderate
400m run at 10K pace 4 x
 BIKE: 2mins. easy, 3mins. hard
 RUN: 800m at 5K race pace)
20mins. easy bike

SUNDAY

RUN: 60mins., Aerobic
45mins. aerobic
15mins. hard

WEEK 9

MONDAY

SWIM: 45mins., Threshold
MS: 10 x 100 at threshold 10 SR

TUESDAY

BIKE: 60mins., Easy

WEDNESDAY

RUN: 45mins., Build
Last 20mins. faster than beginning

THURSDAY

SWIM: 45mins., Speed
MS: 6 x 200 as:
100 easy, 50 mod, 50 fast 10 SR
50 easy, 100 mod, 50 fast 20 SR
50 easy, 50 mod, 100 fast 30 SR
100 fast, 50 easy, 50 mod 20 SR
50 fast, 100 easy, 50 mod 10 SR
50 fast, 50 easy, 100 mod

FRIDAY
DAY OFF (Stretch)

DAY OFF

SATURDAY


BRICK: 1:15, Tempo
 BIKE: 60mins. Building effort with 10K final time trial
 RUN OFF THE BIKE: 15mins. at 10K race effort

SUNDAY


RUN: 45mins., Recovery
Run as you feel

WEEK 10

MONDAY

 **SWIM:** 45mins., Threshold
MS: Even intervals 5sec. slower than T-pace
50 15 SR, 100 15 SR, 200 40 SR
300 60 SR, 200 30 SR, 100


TUESDAY

 **RUN:** 45mins., Recovery
Run as you feel

WEDNESDAY

 **BIKE:** 30mins., Race feel
MS: 4 x (90sec. at race pace, 3mins. easy)

THURSDAY

 **RUN:** 20mins., Race feel
MS: 4 x (90sec. at race pace, 3mins. easy)

FRIDAY

 **SWIM:** 20mins., Continuous

OR DAY OFF
(Stretch)

DAY OFF

SATURDAY

BRICK: 45mins., Pre-race

 **BIKE:** 30mins. MS: 4 x 30sec. race-pace efforts, full rest

 **RUN:** 15mins. MS: 4 x 30sec. race-pace efforts, full rest

SUNDAY

RACE DAY!

CELEBRATE!