THE 10-WEEK SPRINT-DISTANCE TRAINING PLAN

YOUR COACH
ADAM ZUCCO is the head coach of SuperFly Coaching and is a nine-time Kona finisher. Zucco coached American Ben Kanute to the Rio Olympics and has helped dozens of athletes qualify for Kona.

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

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<th>MONDAY</th>
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<tbody>
<tr>
<td>DAY OFF (Stretch)</td>
<td><strong>SWIM:</strong> 45mins. MS: 50 15 SR, 100 15 SR, 200 40 SR 300 60 SR, 200 30 SR 100 Even: Race pace Odd: Easy</td>
<td><strong>RUN:</strong> 30mins. Hilly course w/ moderate-effort uphills Easy everything else</td>
<td><strong>BIKE:</strong> 40mins. MS: 15 x (30 sec. at 90% effort, 30sec. easy)</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>SWIM:</strong> 45mins. MS: 3 x 100 moderate 10 SR 1min. rest 3 x 100 moderate 10 SR</td>
<td><strong>BIKE:</strong> 60mins., Moderate</td>
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### WEEK 2

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<tbody>
<tr>
<td>DAY OFF (Stretch)</td>
<td><strong>BIKE:</strong> 45mins., FTP Test</td>
<td><strong>SWIM:</strong> 30mins., Swim test 15-20 mins. warmup 3x300 for time, 30 SR Average 100 pace is threshold pace</td>
<td><strong>RUN:</strong> 45mins., Run test MS: 30mins. best possible distance</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>BIKE:</strong> 60mins., Endurance</td>
<td><strong>RUN:</strong> 45mins., Aerobic</td>
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### WEEK 3

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<tbody>
<tr>
<td>DAY OFF (Stretch)</td>
<td><strong>SWIM:</strong> 45mins., Intervals MS: 5 x 100 20 SR descend each one 1min. rest 2 x 100 20 SR same pace as #5 above</td>
<td><strong>RUN:</strong> 40mins., Tempo feel</td>
<td><strong>BIKE:</strong> 45mins., Strength 8-12 x (90sec. @ 85-100% effort on heavy gear 90sec. easy spin)</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>BRICK:</strong> 1:15 total aerobic to moderate <strong>RUN:</strong> 45mins., Moderate</td>
<td><strong>RUN:</strong> 45mins., Aerobic</td>
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### 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)

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

**FRIDAY**
- DAY OFF (Stretch)

**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

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### WEEK 5

**MONDAY**
- **RUN:** 45mins, Aerobic Max 80% effort, push uphils

**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)

**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

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### WEEK 6

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

**TUESDAY**
- **BIKE:** 50mins, Strength Hilly ride, big gear, seated, moderate effort

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

**THURSDAY**
- DAY OFF (Stretch)

**FRIDAY**
- DAY OFF (Stretch)

**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)

**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)

**SATURDAY**
- **BRICK:** 1:30, Track intervals
  - MS: 20mins. bike moderate
  - 400m run at 10K pace 4 x
  - **BIKE:** 2mins. easy, 3mins. hard

**SUNDAY**
- **RUN:** 800m at 5K race pace)
  - 20mins. easy bike

## 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:
    - 10 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)

**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
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**CELEBRATE!**