SPRINT TRI
16 WEEK TRAINING PLAN (PAGE 1)
0.5K swim / 20K bike / 5K run

KANSAS CITY TRIATHLON

Plan provided by
The Reds Triathlon Team
www.redstriteam.com
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 weeks until race day	1/2 - 1 mile run	15 minutes of biking	4 - 8 lengths in the pool (1 length = 25 yards OR meters depending on the pool (meters is slightly longer than yards)....so 4 lengths = 100 yards (or meters). Your goal is 500 METERS or about 600 yards for the KC Triathlon.	15 minutes biking	4-8 lengths in the pool (or 100-200 yards)	20 minutes biking or about 3-4 miles	1/2 - 1 mile
15 weeks until race day	off	1 mile run	4-8 lengths in the pool (100-200 yards)	20 minute bike	6 - 8 lengths in the pool (150 - 200 yards) + 1 mile run	20 - 30 minutes or up to 5 miles bike	3/4 - 1 mile run
14 weeks until race day	off	1.5 mile run	150 - 200 yard swim	25 minute bike or 4 miles	200 yard swim	30 minutes or 5 miles	1 mile run
13 weeks until race day	off	1.5 mile run	200 yard swim	25 minute bike or 4 miles	200 yard swim + 1.5 mile run	5 mile bike + practice your transition and do a 10 minute walk off the bike	1.5 miles run
12 weeks until race day	off	1.5 mile run + 200 yard swim	20 minute bike or 3 miles	1.5 mile run + 200 yard swim	25 minutes of biking or 4 miles	6 miles + transition and 10-15 minute walk off the bike	1.5 miles run
11 weeks until race day	off	20 minute or 3 mile bike	2 mile run	250 yard swim - and then right into a 15 minute bike! This is called a "brick" - it's where you do back to back workouts - swim to bike or bike to run.	off	7 mile bike	2 miles run
10 weeks until race day	off	30 minute bike	250 yard swim + 1 mile run	250 yard swim	30 minute bike	8 miles + 15 min easy easy run off the bike.	2 miles run
9 weeks until race day	off	300 yard swim	30 minutes of biking + 10 minute run	2 mile run	300 yard swim + 20 minute bike	9 miles + 15 minute easy run off the bike	2.5 miles run
8 weeks until race day	off - Soon it start looking for places you can practice open water swimming. It's different than pool swimming so important to practice!	350 yard swim	300 yard swim + 2 mile run	45 minutes of biking	300 yard swim	10 mile bike	3 miles run
7 weeks until race day	off	350 yard swim + 1 mile run	45 minute biking	2 mile run	400 yard swim	8 miles + 2-3 miles off the bike	rest day

NOTES: Regarding number of weeks until race day - to figure out where to start in the plan, count the number of weeks out you are from race day. If you are 16 weeks out, you start at "16 weeks out until race day." If you are 12 weeks out - start at "12 weeks until race day."

KANSAS CITY SPORTS COMMISSION

SPRINT TRI
16 WEEK TRAINING PLAN (PAGE 2)
0.5K swim / 20K bike / 5K run

Plan provided by
The Reds Triathlon Team
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 weeks until race day	off / NOTE: any swims can be in open water	400 yards swim	200 yard swim + 2-3 mile run	45 minute bike	400 yard swim	11 mile bike - for longer rides, start wearing the shorts/top that you'll wear on race day so you know they're comfortable.	3 mile run
5 weeks until race day	off	450 yards swim	300 yard swim + 2 mile run	45 minute bike	off - use today to practice setting up transitions - then try it for tomorrow.	400 swim + 13 mile bike + 2.5 mile run	rest day
4 weeks until race day	off	500 yard swim	45 minute bike	30 minute bike + 1 mile run	500 yard swim + 1 mile run	8 mile bike	4 mile run
3 weeks until race day	off	600 yard swim	50 minute bike	600 swim + 45 minute bike	400 swim	15 mile bike + 4 mile run (practice good transitions today and wear the shorts/top that you're going to wear on race day)	rest day
2 weeks until race day	300 swim	600 swim	50 minute bike	3 mile run	700 swim	12 mile bike	3 miles
Race week!	off	20 minutes of easy biking + 10 minutes of easy running.	600 or 700 swim	30 minutes of easy biking	15 - 20 mintues of running - a warm up run	15 minutes easy spin on your bike - just get the legs warmed up!	Race Day

NOTES: Regarding number of weeks until race day - to figure out where to start in the plan, count the number of weeks out you are from race day. If you are 16 weeks out, you start at "16 weeks out until race day." If you are 12 weeks out - start at "12 weeks until race day."