



SHORT COURSE TRIATHLON PROGRAM

DESIGNED BY:

OPTIMUM PERFORMANCE COACHING

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Please note this is a generic 12-week program that has been designed to get you ready for a Short-distance triathlon. If you would like a more individual approach and a more specific approach in order to attain your goals, please contact OPT coaching via whatsapp on 083 294 9946.

This plan will be designed with a Rate of perceived effort (RPE) please see the table below for explanation:

Intensity	RPE/10	Feels like
Recovery	4-5	Easy, but still counts as exercise
Moderate aerobic	6-7	Comfortable
High aerobic	7-8	Comfortable but requires some effort
Threshold	8-8.5	Fastest pace you can maintain with minimal strain
VO2 max	9	Very hard but controlled
Speed	10	Sprint but without losing form

Key:

R= (rest taken between intervals)

AR= (Very easy)

Number x number = (first number is number intervals to be done; second number is the distance/time of the interval)

Please only select this plan if you are fit and healthy enough to train for a triathlon. This plan begins with a total of 1000m of swimming, 40 minutes of cycling and 40 minutes of running in week 1.

WEEK 1

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 200m cool down choice strokes	
WEDNESDAY	CYCLING (RPE 4-5): 20 minutes	
THURSDAY	RUNNING (RPE 6-7): 20 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 200m cool down choice strokes	

SATURDAY	CYCLING (RPE 4-5): 20 minutes	
SUNDAY	RUNNING (RPE 6-7): 20 minutes	

WEEK 2

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 2 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	BIKE (RPE 4-5): 30 minutes	
THURSDAY	RUNNING (RPE 6-7): 20 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 2 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
SATURDAY	BIKE (RPE 5-6): 30 minutes	
SUNDAY	RUNNING (RPE 6-7): 20 minutes	

WEEK 3

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 6 x 25m (kicking) r=10s 3 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	BIKE (RPE 6-7): 30 minutes	
THURSDAY	RUNNING (RPE 6-7): 25 minutes	
FRIDAY	SWIM: 200m warm up 6 x 25m (kicking) r=10s 3 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
SATURDAY	RUNNING (RPE 6-7): 25 minutes	
SUNDAY	BIKE (RPE 6-7): 30 minutes	

WEEK 4 (recovery week)

DAY	SESSION 1	SESSION 2
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MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 2 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	BIKE (RPE 6-7): 45 minutes	
THURSDAY	RUN (RPE 4-5): 20 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 2 x 200m (RPE 8-8.5) r=45s 200m cool down choice strokes	
SATURDAY	BIKE (RPE 5-6): 30 minutes	RUN OFF THE BIKE (RPE 4-5): 10 minutes
SUNDAY	RUN (RPE 4-5): 20 minutes	

WEEK 5

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 5 x 100m (RPE 6-7) r=10s 200m cool down choice strokes	
WEDNESDAY	CYCLING: 10 minutes warm up (RPE 4-5) 4 X 60S (RPE 9) AR=2minutes 13 minutes warm up (RPE 4-5)	
THURSDAY	RUNNING (RPE 6-7): 25 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 2 x 200m (RPE 8-8.5) r=30s 200m cool down choice strokes	
SATURDAY	BIKE (RPE 6-7): 40 minutes	
SUNDAY	RUNNING (RPE 6-7): 25 minutes	

WEEK 6

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 6 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING:	

	20 minutes warm up (RPE 4-5) 5 X 60S (RPE 9) AR=2minutes 15 minutes warm up (RPE 4-5)	
THURSDAY	RUNNING (RPE 6-7): 25 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 2 x 200m (RPE 8-8.5) r=20s 200m cool down choice strokes	
SATURDAY	BIKE (RPE 6-7): 45 minutes	RUN OFF THE BIKE (RPE 6-7): 15 minutes
SUNDAY	RUNNING (RPE 6-7): 30 minutes	

WEEK 7

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 7 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 20 minutes warm up (RPE 4-5) 5 X 60S (RPE 9) AR=2minutes 15 minutes warm up (RPE 4-5)	
THURSDAY	RUNNING (RPE 6-7): 30 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 3 x 200m (RPE 8-8.5) r=45s 200m cool down choice strokes	
SATURDAY	BIKE (RPE 6-7): 45 minutes	
SUNDAY	RUNNING (RPE 6-7): 40 minutes	

WEEK 8 (Recovery)

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 5 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 10 minutes warm up (RPE 4-5) 2 X 10 minutes (RPE 7-8.5) AR=10 minutes (include this after the last one as your cool down)	
THURSDAY	RUNNING (RPE 6-7):	

	25 minutes	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 4 x 75m (RPE 9) r=45s 200m cool down choice strokes	
SATURDAY	CYCLING: 10minutes warm up (RPE 4-5) 30 minutes (RPE 6-7)	RUN OFF THE BIKE: 10 minutes (RPE 6-7) 5 minutes (RPE 4-5)
SUNDAY	RUNNING (RPE 6-7): 25 minutes	

WEEK 9

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 7 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 10 minutes warm up (RPE 4-5) 20 minutes (RPE 7-8.5) 20 minutes cool down (RPE 4-5)	
THURSDAY	RUNNING: 10 minutes warm up (RPE 4-5) 10 minutes (RPE 8-8.5) 10 minutes cool down (RPE 4-5)	
FRIDAY	200m warm up 4 x 25m (kicking) r=10s 5 x 75m (RPE 9) r=45s 200m cool down choice strokes	
SATURDAY	CYCLING: 60 minutes (RPE 6-7)	
SUNDAY	RUNNING (RPE 6-7): 35 minutes	

WEEK 10

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 8 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 15 minutes warm up (RPE 4-5) 22 minutes (RPE 7-8.5) 23 minutes cool down (RPE 4-5)	
THURSDAY	RUNNING: 10 minutes warm up (RPE 4-5) 12 minutes (RPE 8-8.5) 10 minutes cool down (RPE 4-5)	

FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 5 x 75m (RPE 9) r=30s 200m cool down choice strokes	
SATURDAY	CYCLING: 10minutes warm up (RPE 4-5) 30 minutes (RPE 6-7)	RUN OFF THE BIKE: 15 minutes (RPE 6-7) 5 minutes (RPE 4-5)
SUNDAY	RUNNING (RPE 6-7): 40 minutes	

WEEK 11 (Taper)

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 9 x 100m (RPE 6-7) R=10S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 15 minutes warm up (RPE 4-5) 2 x 12 minutes (RPE 7-8.5) AR=10 minutes (include this after the last one as your cool down)	
THURSDAY	RUNNING: 10 minutes warm up (RPE 4-5) 15 minutes (RPE 8-8.5) 10 minutes cool down (RPE 4-5)	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=10s 5 x 75m (RPE 9) r=20s 200m cool down choice strokes	
SATURDAY	CYCLING: 60 minutes (RPE 6-7)	
SUNDAY	RUNNING (RPE 6-7): 40 minutes	

WEEK 12 (race week)

DAY	SESSION 1	SESSION 2
MONDAY	Day off	
TUESDAY	SWIM: 200m warm up 4 x 25m (catch up) r=10s 5 x 100m (RPE 6-7) R=20S 200m cool down choice strokes	
WEDNESDAY	CYCLING: 10 minutes warm up (RPE 4-5) 2 x 10 minutes (RPE 7-8.5) AR=10 minutes (include this after the last one as your cool down)	
THURSDAY	RUNNING: 10 minutes warm up (RPE 4-5)	

	10 minutes (RPE 8-8.5) 10 minutes cool down (RPE 4-5)	
FRIDAY	SWIM: 200m warm up 4 x 25m (kicking) r=15s 4 x 75m (RPE 9) r=45s 200m cool down choice strokes	
SATURDAY	CYCLING: 20 minutes (RPE4-5)	
SUNDAY	RACE DAY – Enjoy your race	