

Sprint and super sprint training plan

Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is to train smart.

Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.



| Type of session | Perceived effort level (1-10)* | Heart rate | How it should feel: the talk test |
|-----------------|-----------------------------------|------------|---|
| Recovery | 6-6.5 | 60-65% | You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session. |
| Easy | 6.5-7 | 65-70% | You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. |
| Steady | 7-8 | 70-80% | You can speak in short sentences but you have a slight pause in your breath. |
| Threshold | 8-8.5 | 80-85% | You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort. |
| Hard | 8.5-9 | 85-90% | You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to. |

*Perceived effort =
1 represents no effort and
10 represents maximum effort

| WC | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---|--|---|--|-------------|--|---|
| Week 1 | Swim 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run 20 mins: split 5 mins easy effort, 10 mins steady effort, 5 mins easy effort + stretch | Swim 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 2 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike 60 mins alternating easy with steady effort over undulating terrain (if possible) + stretch |
| Week 2 | Swim 600m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run 25 mins: split 5 mins easy effort, 15 mins steady effort, 5 mins easy effort + stretch | Swim 550m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 3 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike 70 mins alternating easy with steady effort over undulating terrain (if possible) + stretch |
| Week 3 | Swim 600m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 6 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run 25 mins: split 5 mins easy effort, 15 mins steady effort, 5 mins easy effort + stretch | Swim 650m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery then 6 x 50m as 25m front crawl, 25m breast stroke at an easy effort off 30 secs recovery, then 150m front crawl at threshold effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 3 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike / Run Brick Session: split 50 mins bike at easy effort over undulating terrain if possible, then straight into 10 mins run at steady effort + stretch |
| Week 4 | Swim 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Rest | Swim 400m: front crawl easy effort + stretch | Run 10 mins easy effort warm up, 4 x 4 mins at threshold effort off 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike / Run Brick Session: split 50 mins bike at easy effort over undulating terrain if possible, then straight into 10 mins run at steady effort + stretch |
| Week 5 | Swim 700m: split 12 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 8 x 50m front crawl as 25m easy, 25m threshold effort off 30 secs recovery + stretch | Run 30 mins: split 5 mins easy effort, 20 mins steady effort, 5 mins easy effort + stretch | Swim 700m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery then 6 x 50m as 25m front crawl, 25m breast stroke at an easy effort off 30 secs recovery, then 200m front crawl at threshold effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 4 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike 75 mins: split 30 mins alternating easy with steady effort, then 4 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch |
| Week 6 | Rest | Run 30 mins: split 5 mins easy effort, 20 mins steady effort, 5 mins easy effort + stretch | Swim 700m: split 10 x 50m at an easy effort alternating between front crawl and breast stroke each length off 30 secs recovery, then 200m front crawl at threshold effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 5 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike 75 mins: split 30 mins alternating easy with steady effort, then 4 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch |

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|----------------|---|--|--|--|-------------|--|--|
| Week 7 | Swim 800m: split 12 x 50m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 200m front crawl at threshold effort + stretch | Run 35 mins: split 5 mins easy effort, 25 mins steady effort, 5 mins easy effort + stretch | Swim 800m: split 6 x 100m at an easy effort alternating between front crawl and breast stroke each 50m off 30 secs recovery, then 200m front crawl at threshold effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 4 x 5 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Conditioning 45-60 mins strength and conditioning + stretch (can be a fitness class) | Bike 75 mins: split 30 mins alternating easy with steady effort, then 4 x 4 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch |
| Week 8 | Swim 500m: split 10 x 25m at an easy effort alternating between front crawl and breast stroke 30 secs recovery, then 5 x 50m alternating between front crawl and breast stroke each length off 30 secs recovery + stretch | Rest | Swim 600m: 600m front crawl easy effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 3 x 6 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Bike / Run Brick Session: split 60 mins bike at easy effort over undulating terrain if possible, then straight into 15 mins run at steady effort + stretch | Bike 60 mins alternating easy with steady effort over undulating terrain if possible + stretch |
| Week 9 | Swim 1000m: split 4 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery then 2 x 100 metres front crawl at threshold effort off 30 secs recovery then 4 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery + stretch | Run 35 mins: split 5 mins easy effort, 25 mins steady effort, 5 mins easy effort + stretch | Swim 800m: split 4 x 100m front crawl 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch | Run Threshold run: split 10 mins easy effort warm up, 3 x 6 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Rest | Bike / Run Brick Session: split 75 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 15 mins run alternating easy and steady effort + stretch | Bike 90 mins: split 45 mins alternating easy with steady effort, then 4 x 4 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest at easy effort + stretch |
| Week 10 | Swim 1000m: split 8 x 100m at an easy effort alternating between front crawl and breast stroke every 50m off 30 secs recovery, then 4 x 50m front crawl alternating 25m easy effort with 25m threshold effort, off 30 secs recovery + stretch | Run 40 mins: split 5 mins easy effort, 30 mins steady effort, 5 mins easy effort + stretch. Note: take an extra rest day today if you feel fatigued | Swim 800m: split 4 x 100m front crawl 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch | Run 10 mins easy effort warm up, 10 mins at threshold effort, 10 mins easy effort cool down + stretch | Rest | Bike / Run Brick Session: split 70 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 20 mins run at steady effort + stretch | Bike 90 mins: split 45 mins alternating easy with steady effort, then 5 x 3 mins at threshold effort off 2 mins easy effort pedalling recovery, then ride out the rest of your ride at an easy effort + stretch |
| Week 11 | Swim 800m: split 4 x 100m front crawl at 50m easy effort, 50m threshold effort off 30 secs recovery, then 400m easy effort front crawl + stretch. | Run 40 mins: split 5 mins easy effort, 30 mins steady effort, 5 mins easy effort + stretch | Swim 800m: 800m front crawl easy effort + stretch | Run Threshold run: split 10 mins easy effort warm up, 10 mins at threshold effort, 10 mins easy effort, cool down + stretch | Rest | Bike / Run Brick Session: split 70 mins bike alternating easy and steady effort over undulating terrain if possible, then straight into 20 mins run at steady effort + stretch | Bike / Swim Split 45-60 mins bike at easy effort + stretch, then swim up to 500m front crawl easy effort + stretch. (If your swim is in open water, do this in your wet suit. Make sure you have someone swimming with you to spot you.) |
| Week 12 | Rest | Run Threshold run: split 10 mins easy effort warm up, 4 x 4 mins at threshold effort with 60 secs easy effort recovery, 10 mins easy effort, cool down + stretch | Swim Up to 600m: Swim up to 600m front crawl easy effort + stretch. (If your swim is in open water, do this in your wet suit. Make sure you have someone with you to spot you.) | Run 30 mins easy effort + stretch | Rest | Bike 20 mins easy effort + stretch (and check that your bike is ready for tomorrow) | Race day  |