

90 Day Advanced Training Guide: Sprint Triathlon

This 90 day training plan will help you race faster. This plan assumes that you can already complete the goal distance. The plan focuses on adding speed work to your distance base so you can go faster on race day.

Goal: 750m Swim / 12 mile Bike / 5k Run

Goal: 30 minute Swim / 60 minute Bike / 30 minute Run

PLEASE READ THIS BEFORE YOU START THIS PLAN!

These are general guidelines to follow to complete a multisport event. Each athlete is unique and an alternative training plan might be required. Please consult a physician or medical professional before starting any training plan. Before you start this plan you must be healthy enough for physical exercise. We strongly encourage all athletes to consult a physician and get a complete physical before starting any training plan.

Before you start this plan you must be able to **swim at least 750 meters, bike at least 12 miles and run at least 3 miles**. You also need access to a pool or other safe place designated for swimming. Before you start this plan you must have access to a bike & helmet or stationary bike, and have a safe place in which to use this equipment. Before you start this plan you must have running shoes and have a safe place in which to run.

Tips to Maximize Your Training

- We recommend working out a minimum of 4 days a week with an optional workout and one day off. Workouts should be adjusted to your unique circumstances and abilities. If the workouts are too hard, then either reduce the time/distance or the intensity/speed. If the workouts are too easy, then increase the time/distance or the training intensity/speed.
- One way to increase intensity is to add a Fartlek, which is a technique that alternates a hard/fast effort with an easier/relaxed effort. An example would be to go harder/faster for 60 seconds and then go easier/relaxed for 30 seconds. It is recommended that your rest intervals should be about ½ of your harder interval.
- Alternative easier & harder days for increased muscle recovery or use swimming workouts on days after a hard bike or run
- Add strength training to your training to improve performance. It is recommended to consult a fitness professional to design a strength training program to meet your training and racing goals. We recommend arms on run and bike days and legs on swim days. Additionally, you can lift instead of optional workouts and we recommend lifting a 2-3 days a week.
- Train with a group, hire a coach and/or take classes at your gym; this may help motivate your training.
- Try combining multiple workouts like swim then bike, bike then run OR swim, bike & then run
- More Training Tips & Resources can be found at <http://www.zoomracingusa.com/training>

Speed Work Guidelines: All workouts should begin with a warm-up and cool down. Additionally we recommend active stretching before and after each workout. These are not listed below. If you need an additional day off or more recovery time, cut out a speed workout or change it to a recovery day.

- Recovery Pace - 50-60% effort / maximum heart-rate
- Tempo Pace - 60-70% effort / maximum heart-rate
- Interval Pace - 70-80% effort / maximum heart-rate
- Race Pace - 80-90% effort / maximum heart-rate

90 Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
W1	Day 1: Recovery Run 4-6 miles or 40-60min	Day 2: Interval Swim 6-8 x 100m	Day 3: Recovery Bike 17-25 miles, 60-90min or Spin class	Day 4: Tempo Run 3-4 miles or 30-40min w/ 6-8x30sec pickups	Day 5: Optional Recovery Swim 1000-1600m	Day 6: Interval Bike 12-15ml or 45-60min w/ 1-2min hard, 1-2min easy or Spin	Day 7: OFF

						Class	
W2	Day 8: Tempo Swim 3-4x200m w/ 25-50m easy swim	Day 9: Recovery Bike 17-25 miles, 60-90min or Spin class	Day 10: Interval Run 6-8x400m or 1-2min fast, 1-2min easy for 20-30min	Day 11: Recovery Swim 1000-1600m	Day 12: Tempo Bike 12-15 miles, 45-60min w/ 2-3 min faster, 2-3 min easier or Spin class	Day 13: OFF	Day 14: Optional Recovery Run 4-6 miles or 40-60min
W3	Day 15: Tempo Run 3-4 miles or 30-40min w/ 3-4 x 2-3min pickups	Day 16: Interval Swim 2-4x400	Day 17: Recovery Bike 17-25 miles, 60-90min or Spin class	Day 18: Tempo Swim 1-2x800m w/ 25-50m easy swim	Day 19: Interval Bike 12-15ml or 45-60min w/ 3-4min hard, 1-2min easy or Spin Class	Day 20: Optional Recovery Run 4-6 miles or 40-60min	Day 21: OFF
W4	Day 22: Interval Run 4-6x800m or 3-4min fast, 3-4min easy for 20-30min	Day 23: Recovery Swim 1000-1600m	Day 24: Recovery Bike 17-25 miles, 60-90min or Spin class	Day 25: Recovery Choice to Swim, Bike or Run = Day 1, 3 or 5	Day 26: OFF	Day 27: Optional Race Day 5-10k Run, Bike Time Trial, or Open Water Swim Race	Day 28: OFF
W5	Day 29: Recovery Run 5-7 miles or 40-70min	Day 30: Interval Swim 6-10 x 100m	Day 31: Recovery Bike 20-30 miles, 75-90min or Spin class	Day 32: Tempo Run 3-4 miles or 30-40min w/ 6-8x30sec pickups	Day 33: Optional Recovery Swim 1200-1600m	Day 34: Interval Bike 15-20ml or 60-75min w/ 1-2min hard, 1-2min easy or Spin Class	Day 35: OFF
W6	Day 36: Tempo Swim 4-5x200m w/ 25-50m easy swim	Day 37: Recovery Bike 20-30 miles, 75-90min or Spin class	Day 38: Interval Run 8-12x400m or 1-2min fast, 1-2min easy for 20-30min	Day 39: Recovery Swim 1200-1600m	Day 40: Tempo Bike 15-20 miles, 60-75min w/ 2-3 min faster, 2-3 min easier or Spin class	Day 41: OFF	Day 42: Optional Recovery Run 5-7 miles or 40-70min
W7	Day 43: Tempo Run 3-4 miles or 30-40min w/ 3-4 x 2-3min pickups	Day 44: Interval Swim 2-4x400	Day 45: Recovery Bike 20-30 miles, 75-90min or Spin class	Day 46: Tempo Swim 1-2x800m w/ 25-50m easy swim	Day 47: Interval Bike 15-20ml or 60-75min w/ 3-4min hard, 1-2min easy	Day 48: Optional Recovery Run 5-7 miles or 40-70min	Day 49: OFF

					or Spin Class		
W8	Day 50: Interval Run 4-6x800m or 3-4min fast, 3-4min easy for 20-30min	Day 51: Recovery Swim 1200-1600m	Day 51: Recovery Bike 20-30 miles, 75-90min or Spin class	Day 53: Recovery Choice to Swim, Bike or Run = Day 1, 3 or 5	Day 54: OFF	Day 55: Optional Race Day 5-10k Run, Bike Time Trial, or Open Water Swim Race	Day 56: OFF
W9	Day 57: Recovery Bike 10-12mls, 30-45min or Spin class & Run 2-3 miles or 20-30min	Day 58: Interval Swim 8-10 x 100m	Day 59: Recovery Bike 10-12mls, 30-45min or Spin class & Run 2-3 miles or 20-30min	Day 60: Tempo Swim 400-600m & Run 3-4 miles or 30-40min w/ 6-8x30sec pickups	Day 61: Optional Recovery Swim 1000-1600m	Day 62: Interval Bike 12-15ml or 45-60min w/ 1-2min hard, 1-2min easy or Spin Class	Day 63: OFF
W10	Day 64: Tempo Swim 3-4x200m w/ 25-50m easy swim & Bike 10-15ml w/ 6-8x30sec pickups	Day 65: Recovery Bike 15-20 miles, 60-75min or Spin class & Run 2-3 miles or 20-30min	Day 66: Interval Run 6-8x400m or 1-2min fast, 1-2min easy for 20-30min	Day 67: Recovery Swim 1000-1600m	Day 68: Tempo Bike 17-25 miles, 60-90min w/ 2-3 min faster, 2-3 min easier or Spin class	Day 69: OFF	Day 70: Optional Recovery Swim 600-800m & Run 3-4 miles or 30-40min
W11	Day 71: Tempo Bike 12-15 miles, 30-45min w/ 2-3 min fast, 2-3min easy or Spin class & Run 2-3mls or 20-30min w/ 4-6 x 1-2min pickups	Day 72: Interval Swim 8-10x100	Day 73: Recovery Bike 15-20 miles, 60-75min or Spin class & Run 2-3 miles or 20-30min	Day 74: Tempo Swim 1-2x800m w/ 25-50m easy swim	Day 75: Interval Bike 12-15ml or 45-60min w/ 3-4min hard, 1-2min easy or Spin Class	Day 76: Optional Recovery Run 5-7 miles or 40-70min	Day 77: OFF
W12 Taper for your race, meaning go easier this week	Day 78: Tempo Run 3-4 miles or 30-40min w/ 6-8x30sec	Day 79: Recovery Swim 600-1000m	Day 80: Tempo Bike 12-15 miles, 45-60min w/ 2-3 min	Day 81: Recovery Choice to Swim, Bike or Run = Day 1, 3 or	Day 82: Recovery Choice to Swim, Bike or Run = Day 1, 3 or	Day 83: OFF	Day 84: OFF

	pickups		faster, 2-3 min easier or Spin class	5	5		
W13 Taper for your race, meaning go easier this week	Day 85: Recovery Swim 500-700 meters	Day 86 Recovery Bike 12-15 miles, 45-60min or Spin Class	Day 87 Recovery Run/Walk 3 miles o 20-30 min	Day 88 Recovery Choice to Swim, Bike or Run = Day 1, 3 or 5	Day 89 OFF	Day 90 Celebrate, READY TO RACE!!!	Have more time? Add Fartleks & increase time or distance...

Disclaimer: Zoom Multisport Racing and Trimble Triathlon acknowledge that training for and/or participating in cycling, swimming, running, triathlons, duathlons, and/or any other endurance sporting event is an extreme test of my physical and mental limits that poses potential risks of property damage, serious bodily injury, and even death. Zoom Multisport Racing nor Trimble Triathlon are not responsible for any injuries or health conditions that may result from advice, opinions, and programs represented in this website. The information in this website reflects only the opinion of the Zoom Multisport Racing and Trimble Triathlon and is in no way to be considered medical advice. Consult with a licensed health care provider before you begin any training program, race, or make any other change in lifestyle.