

## First-Timer - Sprint Triathlon Training

Fitness Level I: Slice Above Couch Potato  
8 week schedule from Eric Harr - race to complete

|               | Monday                                  | Tuesday                            | Wednesday      | Thursday                      | Friday | Saturday                           | Sunday         |
|---------------|---|------------------------------------|----------------|-------------------------------|--------|------------------------------------|----------------|
| <b>Week 1</b> |   |                                    | Swim<br>30 min | Power Walk/Run<br>30 min      |        | Bike<br>45 min                     |                |
| <b>Week 2</b> |   |                                    | Swim<br>30 min | Power Walk/Run<br>30 min      |        | Bike<br>45 min                     |                |
| <b>Week 3</b> | Strength Train<br>20 min                |                                    | Swim<br>20 min | Power Walk/Run<br>35 min      |        | Bike<br>45 min                     | Swim<br>15 min |
| <b>Week 4</b> | Strength Train<br>20 min                |                                    | Swim<br>20 min | Power Walk/Run<br>35 min      |        | Bike<br>45 min                     | Swim<br>15 min |
| <b>Week 5</b> | Strength Train<br>20 min<br>Swim 20 min | Brick<br>Bike 20 min<br>Run 15 min | Swim<br>30 min | Run 30 min<br>Strength 20 min |        | Bike 30 min                        |                |
| <b>Week 6</b> | Strength Train<br>20 min<br>Swim 20 min | Brick<br>Bike 30 min<br>Run 20 min | Swim<br>30 min | Run 30 min<br>Strength 20 min |        | Bike 45 min                        |                |
| <b>Week 7</b> | Strength Train<br>20 min<br>Swim 20 min | Brick<br>Bike 40 min<br>Run 30 min | Swim<br>30 min | Run 30 min<br>Strength 20 min |        | Brick<br>Bike 45 min<br>Run 30 min |                |
| <b>Week 8</b> | Swim 15 min                             | Bike 30 min                        | Swim<br>15 min | Run<br>15 min                 |        | Swim 10 min<br>Bike 10 min         | RACE DAY!      |

