

Six Weeks from the couch to the finish line
A helping hand for achieving the Rugby Sprint Triathlon

There are 4 training zones for this series of programmes as follows;

Zone 1; work out at an easy pace, stop and rest if you need to or go between a jog and a walk. Your heart rate shouldn't exceed 130 BPM

Zone 2; this zone should feel comfortable but steady and be more challenging than zone 1

Zone 3; efforts in zone 3 should feel comfortably uncomfortable. You know you are challenging your body but you can cope.

Zone 4; this is for athletes who already have good fitness and efforts are all out.

The programmes are designed around four different fitness levels, so pick wisely. You can move between different levels as you improve or if you are much stronger in one discipline than another.

Level 1; virtually new to training

Level 2; you do a bit of sport a couple of times a week, but nothing too challenging.

Level 3; you are generally fit and exercise regularly but your looking for a new challenge

Level 4; you are a good athlete in one of the three disciplines and know how to train but would like to compete in a Triathlon.

Level 1	Level 2	Level 3	Level 4
Week 1	Week 1	Week 1	Week 1
Monday Rest	Monday Rest	Monday Rest	Monday Rest
Tuesday 20 minutes swim (zone 1)	Tuesday 30 minute swim (zone 1)	Tuesday 30 minute swim (zone 1)	Tuesday am 45 minutes swim (zone 1) pm 20 minutes cross training
Wednesday 35 minutes run/power walk (zone 1)	Wednesday am 40 minute run (zone 1) pm 20 minute cross training	Wednesday 30 minute run (zone 1)	Wednesday 30 minute run (zone 1)
Thursday Cross Training	Thursday Rest	Thursday Rest	Thursday 60 minute bike (zone 1)
Friday Rest	Friday rest	Friday Rest	Friday 40 minutes strength training
Saturday 45 minutes bike (zone 1)	Saturday am 60 minute bike (zone 1) pm 20 minute strength training	Saturday 45 minute bike (zone 1)	Saturday 45 minute bike (zone 1)
Sunday 20 minute swim (zone 1)	Sunday 15 minute swim (zone 1)	Sunday 30 minute swim (zone 1)	Sunday am 45 minute swim (zone 1) pm 60 minute run (zone 1)

Level 1	Level 2	Level 3	Level 4
<p>Week 2</p> <p>Monday Rest</p> <p>Tuesday 20 minute Swim (zone 1)</p> <p>Wednesday 25 minute run/power walk</p> <p>Thursday 20 minute cross train</p> <p>Friday Rest</p> <p>Saturday bike (zone 2)</p> <p>Sunday 15 minute swim (zone 1)</p>	<p>Week 2</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 1)</p> <p>Wednesday 30 minute run (zone 1)</p> <p>Thursday Rest</p> <p>Friday Rest</p> <p>Saturday 45 minute bike (zone 1)</p> <p>Sunday 30 minute swim (zone 1)</p>	<p>Week 2</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 2)</p> <p>Wednesday am 40 minute run (zone 2) pm 20 minute strength training</p> <p>Thursday Rest</p> <p>Friday Rest</p> <p>Saturday am 60 minutes bike (zone 2) pm 20 minutes cross training</p> <p>Sunday 15 minute swim (zone 1)</p>	<p>Week 2</p> <p>Monday Rest</p> <p>Tuesday am 40 minute swim (zone 2) pm 20 minute strength training</p> <p>Wednesday 30 minute run (zone 1)</p> <p>Thursday 60 minute bike (zone 2)</p> <p>Friday 40 minute cross training</p> <p>Saturday 45 minute bike (zone 1)</p> <p>Sunday am 45 minute swim (zone 1) pm 60 minute run (zone 1)</p>
<p>Week 3</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 2)</p> <p>Wednesday am 30 minute bike (zone 1) pm 30 minute run (zone 2)</p> <p>Thursday am 20 minute swim (zone 1) pm 20 minute cross train</p> <p>Friday Rest</p> <p>Saturday Brick session 20 minute bike (zone 1) followed immediately by 15 minute run (zone 1)</p> <p>Sunday 20 minute cross train</p>	<p>Week 3</p> <p>Monday Rest</p> <p>Tuesday am 35 minutes swim (zone 2) pm 20 minutes cross train</p> <p>Wednesday am 30 minute run (zone 2) pm 45 minute bike (zone 2)</p> <p>Thursday am 20 minute swim (zone 1) pm 20 minute run (zone 1)</p> <p>Friday Rest</p> <p>Saturday Brick Session 60 minute bike (zone 1) followed immediately by 30 minute run (zone 1)</p> <p>Sunday Rest</p>	<p>Week 3</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 2)</p> <p>Wednesday am 30 minute run (zone 3) pm 40 minute cross train</p> <p>Thursday am 30 minute swim (zone 1) pm 60 minute bike (zone 3)</p> <p>Friday Rest</p> <p>Saturday Brick Session 50 minute bike (zone 1) followed immediately by 20 minute run (zone 2)</p> <p>Sunday 20 minute cross train</p>	<p>Week 3</p> <p>Monday Rest</p> <p>Tuesday am 60 minute swim (zone 4) pm 45 minute run (zone 3)</p> <p>Wednesday 2 hours bike (zone 2)</p> <p>Thursday am 30 minute swim (zone 1) pm 45 minute run (zone 2)</p> <p>Friday am 45 minute bike (zone 1) pm 40 minute strength training</p> <p>Saturday 45 minute bike (zone 4)</p> <p>Sunday am 40 minute swim (zone 2) pm 90 minute run (zone 1)</p>

Level 1	Level 2	Level 3	Level 4
<p>Week 4</p> <p>Monday Rest</p> <p>Tuesday swim 30 minutes (zone 2)</p> <p>Wednesday am 45 minutes bike (zone 1) pm 30 minute run (zone 2)</p> <p>Thursday am 20 minute swim (zone 1) pm 20 minute cross train</p> <p>Friday Rest</p> <p>Saturday Brick Session 30 minute bike (zone 1) followed immediately by 20 minute run (zone 1)</p> <p>Sunday 20 minute swim (zone 2)</p>	<p>Week 4</p> <p>Monday Rest</p> <p>Tuesday am 30 minute swim (zone 2) pm 20 minute strength training</p> <p>Wednesday am 40 minute run (zone 2) pm 45 minutes bike (zone 2)</p> <p>Thursday am 20 minute swim (zone 1) pm 20 minutes cross train</p> <p>Friday Rest</p> <p>Saturday Brick Session 60 minutes bike (zone 1) followed immediately by 30 minutes run (zone 1)</p> <p>Sunday Rest</p>	<p>Week 4</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 2)</p> <p>Wednesday am 40 minute run (zone 2) pm 40 minute strength training</p> <p>Thursday am 40 minute swim (zone 2) pm 60 minute bike (zone 3)</p> <p>Friday Rest</p> <p>Saturday Brick Session 50 minute bike (zone 1) followed immediately by 20 minute run (zone 2)</p> <p>Sunday 20 minute cross train</p>	<p>Week 4</p> <p>Monday Rest</p> <p>Tuesday am 60 minute swim (zone 4) pm 45 minute run (zone 3)</p> <p>Wednesday 2 hour bike (zone 2)</p> <p>Thursday am 40 minute swim (zone 2) pm 45 minute run (zone 2)</p> <p>Friday am 45 minute bike (zone 1) pm 40 minute strength training</p> <p>Saturday 45 minute bike (zone 4)</p> <p>Sunday am 40 minute swim (zone 2) pm 90 minute run (zone 2)</p>
<p>Week 5</p> <p>Monday Rest</p> <p>Tuesday 30 minute swim (zone 2)</p> <p>Wednesday am 45 minute bike (zone 2) pm 30 minute run (zone 2)</p> <p>Thursday am 20 minute swim (zone 1) pm 20 minute cross train</p> <p>Friday Rest</p> <p>Saturday Brick Session 40 minutes bike (zone 1) followed immediately by 20 minute run (zone 1)</p> <p>Sunday 20 minute cross train</p>	<p>Week 5</p> <p>Monday Rest</p> <p>Tuesday am 35 minute bike (zone 2) pm 40 minute strength training</p> <p>Wednesday am 45 minute bike (zone 2) pm 40 minute run (zone 2)</p> <p>Thursday am 30 minutes swim (zone 1) pm 30 minutes strength training</p> <p>Friday Rest</p> <p>Saturday Brick Session 20 minute swim (zone 2) followed as quickly as possible by 40 minute bike (zone 2) followed immediately by 20 minutes run (zone 1)</p> <p>Sunday Rest</p>	<p>Week 5</p> <p>Monday Rest</p> <p>Tuesday 40 minute swim (zone 3)</p> <p>Wednesday am 30 minute bike (zone 1) pm 40 minute strength training</p> <p>Thursday 40 minute swim (zone 2)</p> <p>Friday Rest</p> <p>Saturday Brick session 30 minute swim (zone 1) followed as soon as possible by 50 minute bike (zone 2) followed immediately by 30 minute run (zone 1)</p> <p>Sunday 20 minute cross training</p>	<p>Week 5</p> <p>Monday Rest</p> <p>Tuesday am 30 minute swim (zone 2) pm 30 minute run (zone 2)</p> <p>Wednesday 30 minute bike (zone 3)</p> <p>Thursday am 20 minute swim (zone 1) pm 45 minute run (zone 4)</p> <p>Friday am 60 minute bike (zone 1) pm 20 minute strength training</p> <p>Saturday Brick Session 30 minute swim (zone 2) followed as quickly as possible by 75 minute bike (zone 2) followed immediately by 30 minute run (zone 2 or 3)</p> <p>Sunday 20 minute swim (zone 1)</p>

Level 1	Level 2	Level 3	Level 4
Week 6 Race Week	Week 6 Race Week	Week 6 Race Week	Week 6 Race Week
Monday Rest	Monday Rest	Monday Rest	Monday Rest
Tuesday 30 minute bike (zone 1)	Tuesday 30 minute bike (zone 1)	Tuesday 40 minute bike (zone 1)	Tuesday am 30 minute bike (zone 2) pm 30 minute run (zone 2)
Wednesday 15 minute swim (zone 1)	Wednesday 20 minute swim (zone 1)	Wednesday 25 minutes swim (zone 1)	Wednesday 30 minute swim (zone 2)
Thursday 15 minute run (zone 1)	Thursday 20 minute run (zone 1)	Thursday 20 minute run (zone 1)	Thursday 20 minute run (zone 1)
Friday Rest	Friday Rest	Friday Rest	Friday Rest
Saturday am swim 10 minutes (zone 1) pm 10 minutes bike (zone 1)	Saturday am 15 minute swim (zone 1) pm 15 minute bike (zone 1)	Saturday an 15 minute swim (zone 1) pm 15 minute bike (zone 1)	Saturday am 20 minute swim (zone 1) pm 20 minute bike (zone 1)
Sunday enjoy your race	Sunday enjoy your race	Sunday enjoy your race	Sunday enjoy your race