12-week beginner sprint triathlon plan: Six sessions a week (about 3–5 h)

Sprint triathlon (750 m / 20 km / 5 km)

Brick to Brick

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 1 Habit and base	Rest		Swim 2 × 25 min: 6–8 × 25 m (30 s rest) + drills		Run 15–20 min run-walk (1 min run / 1 min walk)		Bike 30 min easy		Swim 2 × 25 min: 6–8 × 25 m (30 s rest) + drills		Bike 40 min easy		Run 15–20 min run-walk (1/1)	
Week 2 Habit and base	Rest		Swim 25–30 min: 8 × 25 m + 4 × 50 m + drills		Run 20 min run-walk (2 min run / 1 min walk)		Bike 35 min easy		Swim 25–30 min: 8 × 25 m + 4 × 50 m + drills		Bike 45 min easy		Run 20 min run-walk (2/1)	
Week 3 Habit and base	Rest		Swim 30 min: 4 × 50 m, 3 × 100 m (30 s rest) + drills		Run 20 min easy		Bike 40 min easy with 4 × 30 s spin-ups		Swim 30 min: 4 × 50 m, 3 × 100 m (30 s rest) + drills		Bike 50 min easy		Run 25 min easy (or run-walk)	
Week 4 (lighter) Habit and base	Rest		Swim 30 min: 2 × 200 m, 4 × 50 m + drills		Run 20 min easy		Bike 40 min easy		Swim 30 min: 2 × 200 m, 4 × 50 m + drills		Bike 60 min easy		Run 25–30 min easy	
Week 5 Build	Rest		Swim 30 min: 4 × 100 m steady		Run 25 min easy		Bike 45 min with 4 × 1 min harder		Swim 35 min: 400 m continuous, then drills		Bike 60 min easy + 10 min brick run		Run 30 min easy	
Week 6 Build	Rest		Swim 30 min: 6 × 100 m steady		Run 25 min with 4 × 1 min harder		Bike 45 min with 5 × 1 min harder		Swim 35 min: 500 m continuous, or open water		Bike 75 min easy + 10 min brick run		Run 30 min easy	
Week 7 Build	Rest		Swim 35 min: 3 × 200 m steady		Run 30 min with 5 × 1 min harder		Bike 50 min with 4 × 2 min harder		Swim 40 min: 600 m continuous, or open water		Bike 75–90 min easy + 15 min brick run		Run 35 min easy	
Week 8 (lighter) Build	Rest		Swim 30 min: drills and 4 × 100 m		Run 25 min easy		Bike 45 min easy		Swim 40 min: 750 m continuous		Bike 60 min easy + 10 min brick run		Run 30 min easy	

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 9 Rehearsal	Rest		Swim 40 min: 3 × 250 m steady		Run 30 min with 3 × 3 min steady		Bike 50 min with 3 × 4 min steady to harder		Swim 40 min: 750–900 m continuous, or open water		Bike 90 min easy + 15 min brick run		Run 35–40 min easy	
Week 10 Rehearsal	Rest		Swim 40 min: 2 × 400 m steady		Run 30 min with 4 × 2 min harder		Bike 50 min with 4 × 3 min steady to harder		Rest or easy 20 min swim		RACE REHEARSAL: swim 750 m, 10–15 min change, ride 20 km steady, run 2–3 km		Run 35 min easy	
Week 11 Sharpen	Rest		Swim 30 min: 4 × 100 m at race effort		Run 25 min with 4 × 1 min at race effort		Bike 45 min with 3 × 3 min at race effort		Swim 35 min: 600 m easy, or open water		Bike 60 min easy + 10 min brick run		Run 25–30 min easy	
Week 12 (race week) Taper and race	Rest		Swim 25 min with 4 × 50 m at race effort		Bike 30 min with 3 × 1 min at race effort		Swim 15–20 min easy; run 15–20 min with 3 × 30 s strides		Rest or 10–15 min jog		Rest or short spin and jog; check kit		RACE DAY: sprint triathlon	

Effort guide

- Easy (3–4/10): full sentences; most sessions
- Steady (5–6/10): short phrases
- Harder (7–8/10): a few words; 30 s to 3 min efforts

Notes

- Checkpoints: week 4 (200 m swim, 60 min ride, 25 min run) and week 8 (750 m swim, 75 min ride, 30–35 min run). Repeat a week if needed.
- 3-hour week: keep the first swim, first ride, Sunday run and the weekend brick.

Race date and start

Race / goal date:

Week 1 starts (Monday):