8-week first sprint triathlon plan: Six sessions a week (about 3–4.5 h)

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

Brick to Brick

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 1 Routine	Rest		Swim 25 min (short repeats with rests)		Run 20 min run-walk		Bike 40 min easy		Swim 25 min		Bike 45 min easy		Run 20 min run-walk	
Week 2 Routine	Rest		Swim 25 min (short repeats with rests)		Run 20 min		Bike 45 min easy		Swim 25 min		Bike 50 min easy		Run 25 min	
Week 3 Build	Rest		Swim 30 min (short repeats with rests)		Run 20 min		Bike 45 min easy		Swim 30 min		Bike 60 min easy + brick run 10 min easy		Run 25 min	
Week 4 Build	Rest		Swim 30 min (short repeats with rests)		Run 25 min		Bike 50 min with 3 × 5 min steady		Swim 30 min (open water if possible, supervised)		Bike 60 min easy		Run 30 min	
Week 5 (lighter) Recover	Rest		Swim 25 min (short repeats with rests)		Run 20 min		Bike 40 min easy		Swim 25 min		Bike 45 min easy		Run 20 min	
Week 6 Rehearse	Rest		Swim 35 min (short repeats with rests)		Run 25 min		Bike 50 min easy		Swim 35 min; swim 750 m continuously		Bike 70 min easy + brick run 15 min easy		Run 30 min	
Week 7 Rehearse	Rest		Swim 35 min (short repeats with rests)		Run 25 min		Bike 50 min easy		Swim 35 min		Bike 60 min race rehearsal + brick run 20 min easy		Run 30 min	
Week 8 (race week) Race week	Rest		Swim 20 min with 4 × 50 m at race pace		Run 15 min with 3 short pick-ups		Bike 30 min with 3 × 2 min at race effort		Rest		Rest; lay out kit		RACE DAY: sprint triathlon	

Effort guide

- Easy: you could hold a conversation
- Steady: you can speak in short sentences
- Run-walk is completely fine

Notes

- If six sessions do not fit, keep both swims and drop one bike or run.
- Missed a session? Skip it; never double up.

Race date and start

Race / goal date: _____

Week 1 starts (Monday): _____