



The beginner sixteen-week sprint distance triathlon plan is for athletes who are essentially new to the world of triathlon and multisport training. The plan assumes that athletes are in reasonable athletic shape and know how to swim.

The general workout structure includes:

- Day off – Monday
- Two swims - with open water swims in the latter part of the schedule
- Two or three runs – with occasional drills and runs off the bike (bricks)
- Two bike rides
- One strength training session per week

Average weekly training volume is around four hours. The largest weekly volume is just over five hours and the lowest is two and a half hours. The sprint distance triathlon is planned for Sunday of week 16.

There are a number of optional sessions and adjustments described within the plan to account for individual strengths and weaknesses.

The plan uses perceived effort (easy/medium/hard) or Friel heart rate training zones (Z1 = easy, Z2, Z3, Z4, Z5= very hard).

Some useful article links that support this schedule:

[Training Zones](#)
[Running Drills](#)
[Training Paces](#)
[Nutrition Habits](#)
[Triathlon Swimming](#)

You will find quite a few more articles on the [One Step Beyond website](#).

Please email Coach Marty directly at marty@osbmultiposport.com for any schedule questions. I'll do my best to provide constructive ideas but don't provide detailed personal adjustments for a Prepared plan.

For Trainingpeaks support issues, please visit the Trainingpeaks.com bulletin board at www.trainingpeaks.com.

Thanks!

Enjoy your sport,
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