

Lake Whatcom Sprint Triathlon 10 Week Training Plan

Plan made by David Larpenteur who coaches runners and triathletes with TeamRunRun.

You can find his profile at <https://teamrunrun.com/coach/david-larpenteur-bellingham-running-coach/>

If you have any questions in regards to using this plan you can email questions to David at larpenteur.david@gmail.com

Key

XX' = minute

XX" = seconds

WU = warm up (easy to easy/moderate effort)

CD = cool down (as easy as needed)

RI = rest/recovery interval

Brick = Bike immediately followed by a run

Open Water Swim Safety Note:

*You will likely want to wear a wetsuit for additional comfort as they provide more warmth and buoyancy. Please follow all posted safety guidelines and always be aware of your surroundings. Some good practices for open water swimming include: having a swim buoy connecting around your waist for visibility and safety, and having a swim buddy, especially if it's your first open water swim and/or first open water of the year. **Safety is always a priority!***

WEEK #1

Monday: Pool Swim

5x50 yd with 45"-60" RI,

10x25 yd with 30-45" RI

Tuesday: Bike

20' easy spin

Wednesday: Run

4' easy/1' walk intervals for 20'

Thursday: Pool Swim

7x50 yd with 45"-60" RI,

10x25 yd with 30-45" RI

Friday: Bike

30' easy spin

Saturday: Run

5' easy/1' walk intervals for 20'

Sunday: Rest Day

Foam roll and stretch tight muscles



WEEK #2

Monday: Pool Swim

10x50 yd with 45"-60" RI,
5x25 yd with 30-45" RI

Tuesday: Bike

5' WU,
5x30" easy/moderate effort with 1' easy spin RI,
5' CD

Wednesday: Run

10' easy continuous/only walk if needed

Thursday: Pool Swim

5x75 yd with 45"-60" RI,
5x25 yd with 30" RI

Friday: Bike

10' WU,
10' easy/moderate effort,
10' CD

Saturday: Run

15' easy continuous/only walk if needed

Sunday: Rest Day

Foam roll and stretch tight muscles



WEEK# 3

Monday: Pool Swim

2x100 yards with 60" RI,

4x75 yd with 45" RI,

4x25 yd with 30" RI

Tuesday: Bike + Run

Bike AM

10' WU,

5' easy/moderate effort,

5' moderate effort,

5' CD

Run PM

10" easy building slowly to easy/moderate,

5' easy CD

Wednesday: Run

10' WU,

5x30" accelerations with 90" easy jog RI,

5' CD

Thursday: Pool Swim

4x100 yd with 60" RI,

4x75 yd with 45" RI,

4x25 yd with 30" RI

Friday: Bike/Run Brick

Bike

5' WU,

5' easy/moderate,

5' moderate

Run **directly after the bike*

15' easy/moderate

Saturday: Run

30' at easy/moderate effort

Sunday: Rest Day

Foam roll and stretch tight muscles



WEEK #4

Monday: Pool Swim

200-300 yd WU,

500 yd Time Trial *This should be swam at your best/fastest effort

(write down this time to compare to retest in a few weeks),

100-200 yd CD

Tuesday: Bike

20' easy progressing to easy/moderate,

6 x 30" accelerations up to moderate/hard,

5' CD

Wednesday: Bike/Run Brick

Bike

5' WU,

5 x 1' accelerations up to moderate/hard with 1' easy spin RI,

5' CD

Run **directly after the bike*

10' easy WU progressing to easy/moderate,

3 x 1' acceleration up to moderate/hard with 1' easy jog RI,

3 x 30" accelerations to hard with 1' easy jog RI,

5' CD

Thursday: Run

30' easy

Friday: Open Water Swim

Weather permitting, try to plan an open water swim.

5x2' at easy effort with around 30" rest holding onto the pull buoy if needed

Saturday: Rest Day

Foam roll and stretch tight muscles

Sunday: Bike

45' endurance ride progressing from easy to easy/moderate



WEEK #5

Monday: Run

10' WU,

3x1' moderate effort on gradual incline hill with jog recovery back down to start of hill,

10' CD

Tuesday: Pool Swim

300 yd WU,

5x100 @ moderate effort,

200 yd CD

Wednesday: Bike/Run Brick *Run directly after the bike

For both Bike & Run*:

10' easy with progression to moderate WU,

5' moderate effort,

10' moderate down to easy CD

Thursday: Run

30' recovery run (as easy as needed)

Friday: Rest Day

Foam roll and stretch tight muscles

Saturday: Bike

1 hour easy to easy/moderate long ride

Sunday: Open Water Swim

If conditions allow (please see safety note)

5' easy WU,

5' moderate,

5' easy CD



WEEK #6

Monday: Run

10' WU,
6x30" moderate/hard with 1' jog RI,
10' CD

Tuesday: Bike/Run Brick

Bike
10' WU,
20' moderate/hard time trial

Run **directly after the bike*
20' moderate effort directly off the bike

Wednesday: Pool Swim

200 yd WU,
100 yd kick board,
3x200 at moderate effort with 30" RI,
100 yd CD

Thursday: Rest Day

Foam roll and stretch tight muscles

Friday: Run

45' easy to easy/moderate

Saturday: Bike

1 hr 15 minutes easy to easy/moderate long ride

Sunday: Open Water Swim

If conditions allow (please see safety note)
5' easy WU,
10' moderate,
5' easy CD



WEEK #7

Monday: Bike/Run Brick

Bike

10' WU,

2x5' moderate/hard effort with 4' easy spin RI

Run **directly after the bike*

5' easy WU,

5' moderate/hard effort,

5' easy CD

Tuesday: Run

30' easy recovery (as easy as needed)

Wednesday: Rest Day

Foam roll and stretch tight muscles

Thursday: Pool Swim

200 yd easy WU,

500 yd Time Trial **This should be swam at your best/fastest effort
(write down time & compare to original TT from week #4),*

200 yd CD

Friday: Bike

1hr 20 min easy with progression to easy/moderate long ride

**If you can, do the ride out on the Lake Whatcom Tri Sprint bike course.*

Saturday: Run

10' WU,

8x30" mod/hard with 1' jog RI,

10' easy CD

Sunday: Open Water Swim

If conditions allow (please see previous safety note)

5' easy WU,

5x1' mod/hard with 1' rest in place RI,

5' CD



WEEK #8

Monday: Run

1 hour at easy effort with progression to moderate effort

Tuesday: Rest Day

Foam roll and stretch tight muscles

Wednesday: Bike/Run Brick

Bike

10' WU,

10x1' hard with 1' easy spin RI,

Run **directly after the bike*

5' easy WU,

5x1' hard with 1' easy jog RI,

5' CD

Thursday: Run

30' recovery (as easy as needed)

Friday: Pool Swim

200 yd WU,

3x200 yds at previous 500 yd TT pace with 30" RI,

200 yd CD

Saturday: Bike

1 hour progression from easy to moderate long ride

Sunday: Open Water Swim

If conditions allow (please see safety note)

5' easy,

2x5' moderate/hard effort with 1' easy swim RI,

5' CD



WEEK #9

Monday: Rest Day

Foam roll and stretch tight muscles

Tuesday: Bike/Run Brick

Bike

10' WU,

6x30" hard with 1' easy spin RI,

Run **directly after the bike*

5' moderate,

6x30" with 1' easy jog RI,

5' CD

Wednesday: Run

30' easy continuous

Thursday: Pool Swim

200 yd easy WU,

100 kick,

100 pull with paddles,

4x200 at previous 500 yd TT pace with 30" RI,

200 yd CD

Friday: Run

45' easy to moderate effort

Saturday: Triathlon Practice Simulation

Use this opportunity to practice your transitions with removing/putting on gear

Open Water Swim: 10' moderate,

Bike: 20' moderate,

Run: 15' moderate

Sunday: Bike

45' easy to easy/moderate



WEEK #10

Monday: Rest Day

Foam roll and stretch tight muscles

Tuesday: Open Water Swim

If conditions allow (please see safety note)

5' easy,

5x2' moderate/hard with 1' easy swim RI,

5' CD

Wednesday: Bike/Run Brick

Bike

10' WU,

6x30" hard with 1' easy spin RI,

Run **directly after the bike*

5' easy/moderate,

6x30" hard with 1' easy jog RI,

5' CD

Thursday: Rest Day

Foam roll and stretch tight muscles

Friday: Swim + Run Shakeout

Swim

10' easy swim at race site if possible

Run

10' easy with 4x30" moderate/hard with 30" jog RI in the middle of the run

Saturday: Race Day!!

Swim + Bike + Run and have fun!

