

## Sprint Triathlon Training Plan

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:15 am: Run – 1 hour	7:00 am: Cycle 60 minutes	7:00 am: Weight Training – 1 hour	7:00 am: Running – 1 hour	7:00 am: Weight Training – 1 hour	7:00 am: Brick – Cycle 1 hour then Run 30 minutes	Rest
6:00 pm: Weight Training – 1 hour	12:00: Swim – 1 hour	6:00 pm: Cycling – 1 hour	8:00 pm: Swim – 1 hour			
7:00 pm: Yoga – 1 hour						