



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

12 Week Sprint Distance Training Plan

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 45 min Moderate	Run 25 min Moderate	Full Body Strength Training Or Rowing Specific Workout	Bike 45 min Moderate	Run 25 min Moderate
Week 2	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 45 min Moderate	Run 30 min Moderate	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min moderate w/ 10 min t-run	Run 30 min Moderate
Week 3	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min Moderate	Run 35 min Moderate	Full Body Strength Training Or Rowing Specific Workout	Bike 75 min Moderate	Run 35 min Moderate
Week 4	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 55 min moderate w/ 6 x 1min hard hill climbs	Run 30 min moderate w/ 6 x 30sec hard intervals	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min moderate w/ 10 min t-run	Run 35 min Moderate
Week 5	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min moderate w/ 7 x 1min hill climbs @ VO ₂ max	Run 30 min moderate w/ 6 x 30 sec @ VO ₂ max	Full Body Strength Training Or Rowing Specific Workout	Bike 75 min Moderate	Run 35 min Moderate
Week 6	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 65 min moderate w/ 8 x 1 min hills @ VO ₂ max & 10 min t-run	Run 35 min moderate; w/ 6 x 30 sec @ VO ₂ max	Full Body Strength Training Or Rowing Specific Workout	Bike 90 min moderate w/ 10 min trans-run	Run 40 min Moderate
Week 7	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 70 min moderate w/ 9 x 1 min hills @ VO ₂ max & 10 min t-run	Run 35 min moderate; w/ 8 x 30 sec @ VO ₂ max	Full Body Strength Training Or Rowing Specific Workout	Bike 90 min Moderate	Run 45 min Moderate

Week 8	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min moderate w/ 2 x 12 min @ threshold	Run 10 min WU 16 min @ threshold 10 min CD	Full Body Strength Training Or Rowing Specific Workout	Brick 45 min moderate / Run 10 min moderate	Run 40 min Moderate
Week 9	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 65 min moderate w/ 24 min @ threshold	Run 10 min WU 18 min @ threshold 10 min CD	Full Body Strength Training Or Rowing Specific Workout	Bike 90 min Moderate	Run 45 min Moderate
Week 10	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 70 min moderate w/ 26 min @ threshold	Run 10 min WU 20 min @ threshold 10 min CD	Full Body Strength Training Or Rowing Specific Workout	Brick 45 min Moderate / Run 15 min moderate	Run 50 min Moderate
Week 11	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 70 min moderate w/ 9 x 1 min hills @ VO ₂ max & 10 min t-run	Run 10 min WU 22 min @ threshold 10 min CD	Full Body Strength Training Or Rowing Specific Workout	Bike 105 min Moderate	Run 55 min Moderate
Week 12	Rest	Full Body Strength Training Or Rowing Specific Workout	Bike 60 min moderate w/ 2 x 12 min @ threshold	Run 10 min WU 16 min @ threshold 10 min CD	Full Body Strength Training Or Rowing Specific Workout	Bike 20 min Moderate	FAT CAT TRI!!

Abbreviations & Information

T-Run = Transition run (4-5 on a scale of 1-10)

Moderate = A pace that is comfortable yet challenging (5-6 on a scale of 1-10)

Threshold = 60 min maximum pace (6-7 on a scale of 1-10)

VO₂max = 10 min maximum pace (7-8 on a scale of 1-10)

**For more training information or questions contact Kirk Erickson @
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Good Luck!