

CAMPFIRE

**Complete
your first
Sprint tri
in the
next
twelve
weeks.**

CAMPFIRE
Endurance Coaching





CEC SPRINT DISTANCE 12-WEEK “COMPLETER” TRAINING PLAN

Twelve weeks to your first sprint-distance triathlon



Welcome to the Sprint-Distance 12-Week Training Plan by Campfire Endurance Coaching. Thanks for joining us. By now you've added the training plan to your TrainingPeaks account, and no doubt are digging through the plan, anticipating what you'll be up to for the next three months. In this section, we'll define the terminology we'll be using in the training plan, so workouts make sense to you. First of all, let's set some expectations and then get you started!

What To Expect From This Plan

This plan is a great starting point for your first triathlon. Over the next few months, you will have the chance to improve your familiarity with your effort levels and your equipment. We recommend that you are able to complete a 200 yard swim without stopping before you start this plan. If that sounds like too much, we suggest taking a swim class or working with a swim teacher to help learn how to swim freestyle.

Following the Plan

- **Do your best!** Don't let perfect be the enemy of good. When you're tired, take some time off—don't simply try and force it and do everything perfectly. Try to ignore TrainingPeaks' insistence on green workouts. When we see athletes with only green workouts that makes us worry a little bit that this athlete may be prioritizing compliance over the way their body is feeling.
- If you miss a session or two, due to being busy or life generally getting in the way, don't try and make the workout up. There was a reason that you didn't end up completing the session, and if you try to stuff that workout back in later you're denying the usually very good reason that you missed it in the first place. Simply move on with the plan as written and let the workout go. We promise you'll feel better than if you stress out, try to make the workout fit, and then end up missing something else. Just let it go!
- **If you miss more than three days**, perhaps due to sickness or a busy period at work, then push the whole training plan back a week, take a few more days off, and pick things back up the following Monday. Here is how to do that:
 - Inside TrainingPeaks, highlight all of the remaining workouts in the plan (select the first day you want to shift by clicking on the bar above the workouts for that day, and then scroll to the final workout you want to shift and shift + left click. You'll see all the workouts highlighted in a pale blue. Select the "shift" option from the menu, click the radio button for "Move by a specified number of weeks," make sure the number in that box is "1" and then hit "OK." The workouts will all drop down one week and you can simply pick back up with the plan the subsequent Monday.
 - If you are targeting a certain date and a certain event, however, that won't work since you can't move the event. Follow the steps above, so you are picking up the training where you left off. Then find the last non-recovery week/non-taper week before your event and delete that week (on the right side of each week you'll see a three-dot menu that, if you hover over it, you'll see a "week controls" pop-up; click there and then select "delete" which will delete the whole week). Then follow the steps above for shifting a section of workouts, grabbing the workouts after the now blank week and shifting them up by making sure the number in the "Move by a specified number of weeks" is "-1." By making the number negative it will move the workouts back, rather than forward, in time.
 - How to find the "Week Controls" menu: hover over the vertical three dots at the right side of the week you are trying to open, as seen below.

27

☰ Week Controls

Run
Still may have a chance to get out for a long run it will just need to be trails around here.

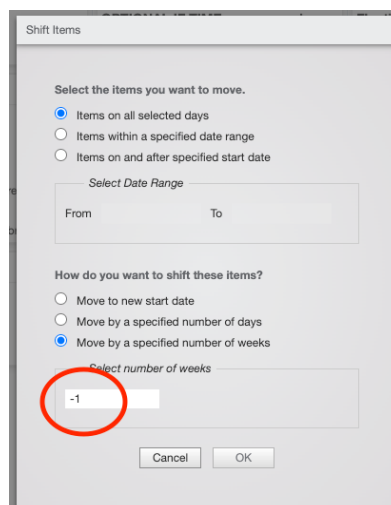
On Call

Stretch Cord Routine #2
0:25:00
This routine calls on you to step progressively farther away from the cord anchor, adding more re...

Long Run Local Trails
2:00:00
Long easy on trails. If you need to break this into two runs cuz of being on call that's fine!

Fitness 127 CTL	Fatigue 110 ATL	Form 2 TSB
Duration	16:50 3:01	
<hr/>		
Total Training Stress Score	423 202	
<hr/>		
Swim Duration	3:15 00:00	
<hr/>		
Swim Distance	6300 0.00 yds	
<hr/>		
Bike Duration	6:40 3:01	
<hr/>		
Run Duration	5:45 00:00	
<hr/>		
Strength Duration	1:10 00:00	
<hr/>		
	Bike	69.4 mi
	El. Gain	423 ft
	Work	2569 kJ

- Then enter “-1” in the “shift workouts” option



- Try to put Strength Workouts last on a day that has strength and some other kind of session; doing an endurance workout after a strength session can limit the effectiveness of the strength routine.
- A note about ERG mode: Ergometer mode, used in smart trainers and online training platforms, can seem great—you don't have to think about maintaining your effort,

with the software or trainer maintaining the work for you. We are not crazy about this manner of training, since for many athletes they simply end up muscling through the session at a far too low cadence. Skip Ergometer mode and try to hit the power by riding at a range of cadences, instead of grooving only one cadence.

Efforts and Ranges

In endurance training and racing, we measure effort several different ways: subjectively, using rating of perceived exertion (RPE); power on the bike (and sometimes on the run, although that technology isn't quite there yet); heart rate on the bike and run; and pace on the run and in the pool. All of these are excellent, but nothing is better than several at the same time. That said, our "god statistic" (the most important statistic of them all) is RPE. Why is this, when objective measuring options such as power, heart rate monitoring, and GPS exist? At Campfire Endurance Coaching, we believe that understanding your effort and what goes into it is more important than simply observing what that effort creates (watts, heartbeats, or a certain speed). Certainly, if improvement is your goal, the final thing you want to be measuring is speed, but you will be a faster and healthier athlete if you understand how your body feels when it's making different "amounts" of speed (or watts, or heartbeats). That's why, for the first month of many of our plans, we prescribe workouts via RPE. Following that first month and a week of testing, workouts will then appear using the different zones we use at Campfire, but you should always keep RPE front of mind while training and racing, since it is the only metric that takes into account how you are feeling at that particular moment!

Rating of Perceived Exertion (RPE)

We use a 1-10 scale from "extremely easy" at 1 to "maximum effort" at 10. Please note that "maximum" can be for 5 seconds or 10 hours, so we don't employ 10 very often. It is rare that we use a number higher than 9 which is "extremely hard." There is a graphic below to help you gauge this effort.

Functional threshold power (FTP)

This is the average power you could theoretically hold for 40-70 minutes. We will determine this number through a test early on in the process and use it to set your training zones if you use a power meter in your training.

Threshold heart rate


This is the average HR you could theoretically hold for 40-70 minutes. We'll determine this number through a test early in the process and use it to set your training zones.

Threshold Pace or Critical Swimming Speed

This is the speed you could hold while running or swimming for 5-10k (running) or 1000-1500m (swimming). We will test this number early in the training plan and use the results to set your running zones. We don't use zones for swimming, but rather use paces that refer to your Critical Swimming Speed such as "CSS + 4"/100," which means "4 seconds slower than your CSS per 100 meters or yards."

TRAINING ZONES COMPARISON	ZONE	RPE	POWER	HEART RATE
RPE = Rating of Perceived Effort	ZR	1-2	<55% of FTP	< 80%
Power = % Functional Threshold Power	Z1	3-5	~56-75% of FTP	81-89%
HR = % of Threshold HR	Z2	6-7	~76-89%	90-95%
	Z3	7-8	90-100%	96-101%
	Z4	8-9	~100-120%	101-110%

MOSTLY THIS! (arrow pointing to Z1)



Zone Recovery (ZR)

Below 80% of threshold HR, and below 55% of threshold power. Also described as 1-2 out of 10 or "easy."

Zone 1 (Z1) or "Endurance"

Between 81 and 89% of threshold HR, and between 56-75% of threshold power. Also described as 3-5 out of 10 or "moderate."

Zone 2 (Z2) or "tempo"

Between 90 and 95% of threshold HR, and between 76-89% of threshold power. Also

described as 6-7 out of 10 or “moderately-hard.”

Zone 3 (Z3) or “threshold”

Between 96 and 101% of threshold HR, and between 90-100% of threshold power. Also described as 7-8 out of 10 or “hard to very hard.”

Zone 4 (Z4) or “Vo2 max/best effort.”

Above threshold HR, and between 100-120% of threshold power, but both power and HR are not very reliable at this intensity. We prefer to use 8-9 out of 10 or “extremely hard.”

Altering the Workouts in TrainingPeaks

We’ve written the workouts in TrainingPeaks to have power on the bike and HR or pace on the bike. Where there are specific sessions, we’ve also included RPE in the workout descriptions. If you don’t have a power meter or a HR monitor, simply return the grid above and cross reference the prescribed power with either a HR or an RPE number.

Final Thoughts

Even in our one-to-one coaching, we don’t write perfect training plans. We wish we did, because we’d be millionaires. But no one writes perfect training plans—the training you will end up doing will be a mixture of the workouts in this plan and what you end up doing due to fatigue, freshness, sickness, enthusiasm, injury, or some unexplained burst of speed. Don’t stress about deviations from the plan! Instead listen to your body, and try to achieve the workouts by following their spirit, not the letter. Doing the former will get you to the place your body can achieve at the moment; doing the latter will likely end in sickness, injury, and burnout.

Finally, remember that all of this work is in service of having fun, improving at something you like to do, enjoying a healthy competitive outlet, and giving your body a solid walk every day (or twice a day...). If it ever stops achieving all of those goals, then maybe it’s time for a small break!

Learn more about [being a better endurance athlete here](#), and thanks!

The Lions at Campfire Endurance Coaching

A BEGINNER'S SPRINT TRIATHLON TRAINING PLAN

ZR = Recovery Zone, or “Very Easy.” Probably around 2-3 on a scale of 1-10. This will be most of the plan! When in ZR you won’t be able to hear yourself breathing.

Z1 = Endurance Zone, or “Easy to Moderate.” Probably around 4-5 on a scale of 1-10. When you’re in Z1 your breathing will become audible.

Z3 = Threshold Zone, or “Hard.” Around 7-8/10 effort. Breathing is gassy.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 100 with pull buoy 2 x 50 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 30’ spin - try to keep your cadence between 85-95.	RUN 20’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim Main Set: 6 x 50 easy (:15) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 30’ spin - try to keep your cadence between 85-95.	RUN 20’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
2	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 200 with pull buoy 2 x 50 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 30’ spin - try to keep your cadence between 85-95.	RUN 20’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim Main Set: 4 x 100 easy (:15) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 30’ spin - try to keep your cadence between 85-95.	RUN 30’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
3	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 200 with pull buoy 4 x 50 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 30’ spin - try to keep your cadence between 85-95.	RUN 30’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim Main Set: 3 x 200 easy (:15) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 45’ spin - try to keep your cadence between 85-95.	RUN 30’ Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 200 with pull buoy 4 x 50 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 45' spin - try to keep your cadence between 85-95.	RUN 30' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim Main Set: 100, 200, 300 easy (:20) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 45' spin - try to keep your cadence between 85-95.	RUN 40' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
5	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 200 with pull buoy 4 x 100 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 45' spin - try to keep your cadence between 85-95.	RUN 40' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 2 x 200 moderate freestyle (:20) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 60' spin - try to keep your cadence between 85-95.	RUN 40' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
6	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM 100 easy warm up 200 with pull buoy 6 x 100 moderate (:15) 100 with pull buoy 100 easy	BIKE Easy (ZR) 45' spin - try to keep your cadence between 85-95.	RUN 40' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 5 x 100 moderate freestyle (:20) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 45' spin - try to keep your cadence between 85-95.	RUN 30' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 8x25 alternate 25 fast/ 25 moderate (:10) 200 moderate Cool Down: 100 easy	BIKE Easy (ZR) 45' spin - try to keep your cadence between 85-95.	RUN 30' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.	SWIM Warm Up: 100 easy swim Main Set: 100, 200, 300 easy (:20) Cool Down: 100 easy	BIKE Easy to Moderate (Z1) 45' spin - try to keep your cadence between 85-95.	RUN 40' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
8	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 4x100 as 50 fast/50 moderate (:15) Cool Down: 100 easy	BIKE 10' Easy Spin 4 x 3' hardest gear you can sustain Z3 90 RPM / 2' recovery 10' Easy Spin	RUN 10' warmup 2 x 7' Z3/3' recovery 10' cooldown	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 100, 200, 300, 200, 100 - all moderate with (:20) Cool Down: 100 easy	BIKE 20' easy spin 2 x 10' @ sprint distance race effort/Z3 (7.5 out of 10)/5' recovery 10' easy spin	RUN 40' easy + strides This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. Towards the end, throw in 4 x 15" strides with 90" recoveries
9	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 4x100 at your fastest sustainable effort (:15) Cool Down: 100 easy	BIKE 10' Easy Spin 4 x 5' hardest gear you can sustain Z3 90 RPM / 2' recovery 10' Easy Spin	RUN 10' warmup 2 x 10' Z3/5' recovery 5' cooldown	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 2 x 300 - moderate (:20) Cool Down: 100 easy	BIKE Bike: 15' easy spin 2 x 20' @ sprint distance race effort/Z3 (7.5 out of 10)/5' recovery 5' easy spin Run: 15' easy	RUN 40' easy + strides This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. Towards the end, throw in 4 x 15" strides with 90" recoveries

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 2x200 at your fastest sustainable effort (:15) Cool Down: 100 easy	BIKE 10' Easy Spin 4 x 5' hardest gear you can sustain Z3 90 RPM / 2' recovery 10' Easy Spin	RUN 10' warmup 20' Z3 10' cooldown	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 500 - moderate (:20) Cool Down:	BIKE 20' easy spin 30' @ sprint distance race effort/Z3 (7.5 out of 10) 10' easy spin	RUN 40' easy + strides This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. Towards the end, throw in 4 x 15" strides with 90" recoveries
11	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	SWIM Warm Up: 100 easy swim 100 kick (optional fins) 100 pull Main Set: 4 x 50 build (:15) 400 at your fastest sustainable effort Cool Down: 100 easy	BIKE 10' Easy Spin 35' on rolling hills Z1	RUN 10' warmup 30' Z3 5' cooldown	SWIM Warm Up: 100 easy swim 100 kick (optional fins)100 pull Main Set: 4 x 50 build (:15) 3 x 200 moderate freestyle (:20) Cool Down: 100 easy	BIKE Bike: 20' easy spin 2 x 10' @ sprint distance race effort/Z3 (7.5 out of 10)/5' recovery Run: 20' Off the bike, run easy for 10' Pick up to race effort for 5' Easy recovery for 5'	RUN 30' Easy This is a very easy (ZR) run. Focus on maintaining an upright relaxed posture. If you are struggling to breath, you are going too fast.
12	ANTI-ROTATION EXERCISE Static Cable Holds Band-assisted slow sit-ups Jane Fonda Arcs Kettlebell Carries Plank with Opposing Arm-Leg Lifts Landmines with 45-lb barbell	DAY OFF	BIKE 10' WU 3x(5' @ race effort/Z3, 5' ez) 5' CD	RUN 5' easy running 6x(60" pieces at race pace/effort, 90" recoveries) 5' easy running	DAY OFF	PRE RACE BRICK Swim: 5' easy swimming 6x(20 strokes fast, 20 strokes easy) 5' easy swimming Bike: 15' easy spin. Run through all your gears and make sure everything is working properly. Include 5 x 1' pickups to race effort (Z3) with 1' recovery. Run: 15' Easy run w/6x30" pickups to race pace. 90" recoveries.	RACE DAY!