

Whitewater Triathlon

5K Run Training for Sprint Triathlon

Warmup:

1/2-1 mile easy jog

Stretch as needed

Main Set:

Beginner: 3 x 1 mile 5:00 rest

Experienced: 4 x 1 mile 5:00 rest

Advanced: 4 x 1 mile 3:00 rest

Each mile should be :30 -1:00 faster than each mile of your 5K time in a Sprint Triathlon. This will allow you to increase your Anaerobic Threshold, making it easier to race at a slightly slower speed than you held in this workout. It is important to train faster than your race pace during some of your workouts. It will make your goal pace during your race much easier to keep up.

Warmdown:

1/2-1 mile easy walk or jog

