



TRIATHLON · ADVANCED

# Advanced *Sprint* *triathlon*



## 10-Week Advanced Sprint Triathlon Plan

Race a competitive sprint with high-quality bricks and speed.

EVENT

**Sprint triathlon**

LEVEL

**Advanced**

LENGTH

**10 weeks**

DAYS / WEEK

**6**



### Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

[gritup.fit](https://gritup.fit)

## The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

### Week 1

BASE

|                                                                    |                        |        |
|--------------------------------------------------------------------|------------------------|--------|
| Mon                                                                | <b>SWIM</b> Long Swim  | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Tue                                                                | <b>RUN</b> Easy Run    | 42 min |
| 32 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Wed                                                                | <b>BIKE</b> Easy Ride  | 57 min |
| 47 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Thu                                                                | <b>SWIM</b> Drill Swim | 27 min |
| 2 × 7 min–10 min with recoveries · 5 min warm-up · 5 min cool-down |                        |        |
| Fri                                                                | <b>RUN</b> Long Run    | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Sun                                                                | <b>BIKE</b> Long Ride  | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |

### Week 2

BASE

|                                                                    |                        |        |
|--------------------------------------------------------------------|------------------------|--------|
| Mon                                                                | <b>SWIM</b> Long Swim  | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Tue                                                                | <b>RUN</b> Easy Run    | 45 min |
| 35 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Wed                                                                | <b>BIKE</b> Easy Ride  | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Thu                                                                | <b>SWIM</b> Drill Swim | 30 min |
| 2 × 8 min–12 min with recoveries · 5 min warm-up · 5 min cool-down |                        |        |
| Fri                                                                | <b>RUN</b> Long Run    | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Sun                                                                | <b>BIKE</b> Long Ride  | 62 min |
| 52 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |

### Week 3

BASE

|                                                                    |                        |        |
|--------------------------------------------------------------------|------------------------|--------|
| Mon                                                                | <b>SWIM</b> Long Swim  | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Tue                                                                | <b>RUN</b> Easy Run    | 45 min |
| 35 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Wed                                                                | <b>BIKE</b> Easy Ride  | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Thu                                                                | <b>SWIM</b> Drill Swim | 30 min |
| 2 × 8 min–12 min with recoveries · 5 min warm-up · 5 min cool-down |                        |        |
| Fri                                                                | <b>RUN</b> Long Run    | 68 min |
| 58 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |
| Sun                                                                | <b>BIKE</b> Long Ride  | 71 min |
| 61 min continuous · 5 min warm-up · 5 min cool-down                |                        |        |

### Week 4

BUILD

|                                                                    |                                        |        |
|--------------------------------------------------------------------|----------------------------------------|--------|
| Mon                                                                | <b>SWIM</b> Long Swim                  | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down                |                                        |        |
| Tue                                                                | <b>SWIM</b> Threshold Intervals        | 30 min |
| 4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down    |                                        |        |
| Wed                                                                | <b>RUN</b> VO2max Intervals            | 40 min |
| 4 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down  |                                        |        |
| Thu                                                                | <b>BIKE</b> VO2max Intervals           | 44 min |
| 4 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down  |                                        |        |
| Fri                                                                | <b>RUN</b> Long Run                    | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                |                                        |        |
| Sun                                                                | <b>BIKE/RUN</b> Brick: Easy Bike → Run | 57 min |
| 2 × 7 min–25 min with recoveries · 2 min warm-up · 5 min cool-down |                                        |        |

## Week 5

BUILD

|                                                                   |                                 |        |
|-------------------------------------------------------------------|---------------------------------|--------|
| <b>Mon</b>                                                        | <b>SWIM Long Swim</b>           | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down               |                                 |        |
| <b>Tue</b>                                                        | <b>SWIM Threshold Intervals</b> | 40 min |
| 6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down   |                                 |        |
| <b>Wed</b>                                                        | <b>RUN VO2max Intervals</b>     | 55 min |
| 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down |                                 |        |
| <b>Thu</b>                                                        | <b>BIKE VO2max Intervals</b>    | 56 min |
| 6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down |                                 |        |
| <b>Fri</b>                                                        | <b>RUN Long Run</b>             | 69 min |
| 59 min continuous · 5 min warm-up · 5 min cool-down               |                                 |        |
| <b>Sun</b>                                                        | <b>BIKE Long Ride</b>           | 83 min |
| 73 min continuous · 5 min warm-up · 5 min cool-down               |                                 |        |

## Week 6

BUILD

|                                                                     |                                        |         |
|---------------------------------------------------------------------|----------------------------------------|---------|
| <b>Mon</b>                                                          | <b>SWIM Long Swim</b>                  | 35 min  |
| 25 min continuous · 5 min warm-up · 5 min cool-down                 |                                        |         |
| <b>Tue</b>                                                          | <b>SWIM Threshold Intervals</b>        | 40 min  |
| 6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down     |                                        |         |
| <b>Wed</b>                                                          | <b>RUN VO2max Intervals</b>            | 55 min  |
| 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down   |                                        |         |
| <b>Thu</b>                                                          | <b>BIKE VO2max Intervals</b>           | 56 min  |
| 6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down   |                                        |         |
| <b>Fri</b>                                                          | <b>RUN Long Run</b>                    | 75 min  |
| 65 min continuous · 5 min warm-up · 5 min cool-down                 |                                        |         |
| <b>Sun</b>                                                          | <b>BIKE/RUN Brick: Easy Bike → Run</b> | 108 min |
| 2 × 22 min–61 min with recoveries · 2 min warm-up · 5 min cool-down |                                        |         |

## Week 7

BUILD

|                                                                     |                                          |         |
|---------------------------------------------------------------------|------------------------------------------|---------|
| <b>Mon</b>                                                          | <b>SWIM Long Swim</b>                    | 30 min  |
| 20 min continuous · 5 min warm-up · 5 min cool-down                 |                                          |         |
| <b>Tue</b>                                                          | <b>SWIM Threshold Intervals</b>          | 40 min  |
| 6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down     |                                          |         |
| <b>Wed</b>                                                          | <b>RUN Threshold Intervals</b>           | 48 min  |
| 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down   |                                          |         |
| <b>Thu</b>                                                          | <b>BIKE Threshold Intervals</b>          | 49 min  |
| 8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down   |                                          |         |
| <b>Fri</b>                                                          | <b>RUN Long Run</b>                      | 64 min  |
| 54 min continuous · 5 min warm-up · 5 min cool-down                 |                                          |         |
| <b>Sun</b>                                                          | <b>BIKE/RUN Brick: Pacing Bike → Run</b> | 102 min |
| 2 × 21 min–56 min with recoveries · 2 min warm-up · 5 min cool-down |                                          |         |

## Week 8

BUILD

|                                                                     |                                          |        |
|---------------------------------------------------------------------|------------------------------------------|--------|
| <b>Mon</b>                                                          | <b>SWIM Long Swim</b>                    | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down                 |                                          |        |
| <b>Tue</b>                                                          | <b>SWIM Threshold Intervals</b>          | 30 min |
| 4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down     |                                          |        |
| <b>Wed</b>                                                          | <b>RUN Threshold Intervals</b>           | 34 min |
| 2 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down   |                                          |        |
| <b>Thu</b>                                                          | <b>BIKE Threshold Intervals</b>          | 44 min |
| 8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down   |                                          |        |
| <b>Fri</b>                                                          | <b>RUN Long Run</b>                      | 60 min |
| 50 min continuous · 5 min warm-up · 5 min cool-down                 |                                          |        |
| <b>Sun</b>                                                          | <b>BIKE/RUN Brick: Pacing Bike → Run</b> | 94 min |
| 2 × 18 min–51 min with recoveries · 2 min warm-up · 5 min cool-down |                                          |        |

## Week 9

PEAK

|                                                                    |                                               |         |
|--------------------------------------------------------------------|-----------------------------------------------|---------|
| Mon                                                                | <b>SWIM Long Swim</b>                         | 30 min  |
| 20 min continuous · 5 min warm-up · 5 min cool-down                |                                               |         |
| Tue                                                                | <b>SWIM Threshold Intervals</b>               | 40 min  |
| 6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down    |                                               |         |
| Wed                                                                | <b>RUN VO2max Intervals</b>                   | 55 min  |
| 7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down  |                                               |         |
| Thu                                                                | <b>BIKE VO2max Intervals</b>                  | 56 min  |
| 6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down  |                                               |         |
| Fri                                                                | <b>RUN Long Run</b>                           | 64 min  |
| 54 min continuous · 5 min warm-up · 5 min cool-down                |                                               |         |
| Sun                                                                | <b>SWIM/BIKE/RUN Brick: Swim → Bike → Run</b> | 114 min |
| 3 × 9 min–55 min with recoveries · 2 min warm-up · 5 min cool-down |                                               |         |

## Week 10

RACE WEEK

|                                                     |                                               |        |
|-----------------------------------------------------|-----------------------------------------------|--------|
| Mon                                                 | <b>SWIM Easy Swim</b>                         | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down |                                               |        |
| Tue                                                 | <b>BIKE Easy Ride</b>                         | 45 min |
| 45 min continuous                                   |                                               |        |
| Wed                                                 | <b>RUN Easy Run</b>                           | 45 min |
| 35 min continuous · 5 min warm-up · 5 min cool-down |                                               |        |
| Thu                                                 | <b>SWIM Recovery Swim</b>                     | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down |                                               |        |
| Fri                                                 | <b>SWIM Easy Swim</b>                         | 30 min |
| 20 min continuous · 5 min warm-up · 5 min cool-down |                                               |        |
| Sun                                                 | <b>SWIM/BIKE/RUN Race Day: Triathlon RACE</b> | 92 min |
| 3 × 20 min–40 min with recoveries                   |                                               |        |