



TRIATHLON · INTERMEDIATE

Intermediate **Sprint** **triathlon**



10-Week Intermediate Sprint Triathlon Plan

Race a faster sprint with sharper bricks and threshold work.

EVENT

Sprint triathlon

LEVEL

Intermediate

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

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	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	27 min
17 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	37 min
27 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	25 min
2 × 6 min–9 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	25 min
2 × 6 min–9 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	33 min
23 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	43 min
33 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	25 min
2 × 6 min–9 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	35 min
3 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	44 min
4 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	50 min
2 × 5 min–20 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	90 min
2 × 17 min–48 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	41 min
3 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	44 min
8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	72 min
2 × 12 min–35 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	34 min
2 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	44 min
8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	55 min
2 × 7 min–23 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

PEAK

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	102 min
3 × 7 min–48 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Mon	SWIM Easy Swim	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	45 min
45 min continuous		
Wed	RUN Easy Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Easy Swim	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Race Day: Triathlon RACE	92 min
3 × 20 min–40 min with recoveries		