

Taper and Recovery Guidelines for a Sprint or International Triathlon While Training for a Half or Full Distance Triathlon



These guidelines assume that you're training for a half or full distance triathlon using one of our [training plans](#) and that you're racing the sprint or international race as a training race – i.e. a good, hard training session to practice race day and measure fitness. If a day below says “Per Plan” then just do the workout in your training plan (or ignore if you have no workout scheduled that day). Otherwise, follow the suggested taper or recovery workout. See enduranceworks.com/resources for additional resources.

If your race day is a Saturday:

WEEK of RACE	M	Tu	W	Th	F	Sa	Su
Swim	OFF	Per plan. Practice sighting.	Per plan. Practice sighting.	Limit to 40'. Practice sighting.	10' good form – practice sighting. Include 6 x 15s FAST efforts.	RACE	Optional easy 20-30' swim for recovery
Bike	OFF	Per plan	Limit bike to 60'	Bike 40' with 6 x 90" Z4 efforts mixed in.	15-20' Z2. Make sure everything shifts ok.	RACE	Sat long ride per plan. Keep effort moderate if sore.
Run	OFF	Per plan	Per plan but limit run to 45' if longer. Include 6 x 30" build up to Z4 during warm up plus 4 x 4' at race pace.	OFF	10' easy.	RACE	OFF

POST RACE	M	Tu
Swim	OFF	Per plan
Bike	Easy 30-60' bike for recovery	Per plan
Run	OFF	Per plan

If your race day is a Sunday:

WEEK of RACE	M	Tu	W	Th	F	Sa	Su
Swim	OFF	Per plan. Practice sighting.	Per plan. Practice sighting.	Per plan. Practice sighting.	Per plan but limit to 40'. Practice sighting	10' good form – practice sighting. Include 6 x 15s FAST efforts.	RACE
Bike	OFF	Per plan	Per plan	Per plan	Bike 30' with 6 x 90" Z4 efforts mixed in.	15-20' Z2. Make sure everything shifts ok.	RACE
Run	OFF	Per plan	Per plan but limit to 60' if longer.	Per plan but limit run to 45' if longer. Include 6 x 30" build up to Z4 during warm up plus 4 x 4' at race pace.	OFF	10' easy.	RACE

POST RACE	M	Tu	W
Swim	Optional easy 20-30' swim for recovery	Per plan	Per plan
Bike	Optional 30-60' easy bike.	Per plan	Per plan
Run	OFF	Skip run if legs still sore.	Per plan

WAIVER OF LIABILITY

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover, Krista Schultz and ENDURANCEWORKS, LLC. By downloading and using this program, you are waiving any liability to David Glover, Krista Schultz or ENDURANCEWORKS, LLC. This is a training program that has worked for many others, but it may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regiment.