



Welcome to the On Running Middle East

SPRINT - TWO MONTH TRAINING PROGRAMME!

Here you'll find an exclusive triathlon specific On Running ME guide that will take you on to the blue carpet at the Daman World Triathlon Abu Dhabi 2019.

When training for anything, anything at all, even life itself, the way you get better is by stepping outside your comfort zone. Not only that but doing it in a multiple of different ways! You'll find your Sprint training program below to use as a guide when building up towards the Daman ITU World Triathlon Abu Dhabi 2019.

Each week includes 3 different runs which all have very different purposes. These are meant to keep your body guessing, therefore stressing the system and therefore making you faster!

Run 1 – Easy Run

This run is meant to be an active recovery. Focus on staying relaxed, maintain proper form, and enjoy the run!

Run 2 – Long Run

The idea here is to prepare your body for the run duration of your triathlon race. As you can see, you'll be running longer than the actual race is, which will make your race day effort seem much more manageable.

Run 3 – Speed Session

A key component of getting faster is by doing interval training, where the pace of your running varies. You'll notice your heart rate increasing significantly during the "fast" portion of the run and slowly decreasing during the walk or jog phase. Don't forget the heart is a muscle too and this is a great way to train it!



Sprint

750m swim | 20km cycle | 5km run

Week	Run 1 – Easy Run	Run 2 – Long Run	Run 3 – Speed Session
1	15 minutes - very easy getting a feel for a comfortable pace	25 minutes - easy long run	20 minutes - 5 min warm-up, followed by (8x1 min fast/1 jog), 5 min easy
2	20 minutes - as run 5 min, walk 5 min, run 10 min.	30 minutes – starting out at your comfortable easy run pace and slowing picking up the pace as the run goes by.	27 minutes - 10 min warm-up, followed by (8x30 sec fast/1 min easy jog) 5 min easy.
3	20 minutes - very easy, finding your rhythm, controlling your breathing.	35 minutes - easy long run	30 minutes - 5 min warm-up, followed by (10x1 min fast/1 jog), 5 min easy
4	25 minutes - as run 10 min, walk 5 min, run 10 min.	40 minutes - starting out at your comfortable easy run pace and slowing picking up the pace as the run goes by.	35 minutes - 10 min warm-up, followed by (10x30 sec fast/1 min easy jog) 5 min easy.
5	25 minutes - very easy, finding your rhythm, controlling your breathing.	45 minutes - easy long run	34 minutes - 5 min warm-up, followed by (12x1 min fast/1 jog), 5 min easy
6	30 minutes – as run 10 min, walk 5 min, run 15 min.	50 minutes - starting out at your comfortable easy run pace and slowing picking up the pace as the run goes by.	33 minutes - 10 min warm-up, followed by (12x30 sec fast/1 min easy jog) 5 min easy.
7	30 minutes - very easy, finding your rhythm, controlling your breathing.	35 minutes - easy long run	20 minutes - 5 min warm-up, followed by (5x1 min fast/1 walk), 5 min easy
8	15 minutes – easy run visualizing your race!	30 minutes - easy long run, visualizing your race!	RACE DAY!

Remember to enjoy your triathlon experience and take in the sights of Abu Dhabi!

For advice on what On running shoe is best for your running style, routine and demands drop us a line at info@onrunningme.com Our expert team are waiting to hear from you!



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Yas Cycles – Al Hdayriat & Al Zeina

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TriLife

Dubai

Adventure HQ – JBR The Walk & Times Square Centre

Go Sport – Dubai Mall & Mall of the Emirates

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