

Weekly running milage for Sprint Tri?



LadyTri 33 posts since

Jun 9, 2008

Hi everyone,

I am currently training for 2 Sprint Tri's this summer, and was just wondering what is a good average for my weekly running mileage?? I have a very strong swimming background and the bike I don't have to worry about either..it all comes down to the run. But just to put it into perspective, in a 5k race I can run sub 26mins. So, I am a decent runner, but feel that after the swim and bike, I'm not going to have much left. I try to do a BRICK (bike-run) every week, and usually come out to 10-12+ miles a week of running. Is this a good amount, should I be running more? Last week I did 12.5 miles total, and I am finally starting to feel good running (both on treadmill and outdoors). Just wondering what everyone else's mileage usually consists of when training for sprint tri's??!<http://community.active.com/images/emoticons/blush.gif>



jaybuddy 17 posts since

Oct 25, 2007 1. Re: **Weekly running milage for Sprint Tri?** Jul 23, 2008 10:57 AM

Assuming the run portion of the tri is a 5k... I think you are probably ok.

Usually when I am training for a sprint I will do 1 longer run and 2 short (speed workout) runs per week.

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The long run is usually around 6 miles and the short ones are 3-4 miles.

Everyone is different and this is what works for me. It may or may not work for you. But atleast you have an idea of what someone else does. 😊

Hope that helps...



[Anthony_All3](#) 238 posts since

Aug 8, 2007 2. **Re: Weekly running milage for Sprint Tri?** Jul 24, 2008 4:20 AM

To be competitive in the 5k's and sprints I usually average around 25-30 miles per week, long run usually around a 10-12 miler, with the last few miles at 10k pace and the very last at 5k pace, ending with sub 5k pace. 1 recovery run, after high intensity bike days, 1 brick, tempo run, and finally intervals. Also, I include transition runs after every bike session(usually just a 5-10 minute run to get the legs to work on efficiency after biking).

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Anthony



[neocharon](#) 24 posts since

Jan 24, 2008 3. **Re: Weekly running milage for Sprint Tri?** Aug 12, 2008 11:35 AM

One aspect that has not been mentioned is a high cadence through out the bike portion of your event. This will help ease your transition from the bike to the run. I usually try to increase my cadence by 10 to 15 percent before I get off the bike. For example I go from 90 rpms to 100-105rpms. This may help you.

As far as distance I would say that weekly I am running a minimum of 16 miles a week. One long run, one short tempo run and one mid distance mid pace transition run. long run is 6-8 miles short is 2-5 and mid is 3-4.

Hope this helps.



[Ultimate Runner](#) 2 posts since

Aug 9, 2007 4. **Re: Weekly running milage for Sprint Tri?** Aug 14, 2008 2:31 PM

HELLO

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I'M LOOKING FOR A TRI CLUB IN THE PARKVILLE MARYLAND LOCTION