	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest Day	Run: 20 min	Bike: 30 min	Swim: 300m	Rest Day	Run: 25 min	Bike: 35 min
	Every good program starts with a rest day!	Comfortable pace. Run/walk option2 min. run, then 1 min. wal2	This can either be done on a trainer, a spin bike, or outside	Warm-up: 50m with kickboard Main set: 8 x 25m with 10 second rest between. Cool-down: easy 50m	Take yoga or stretch.	Comfortable pace. Run/walk option2 min. run, then 1 min. walk	This can either be done on a trainer, a spin bike, or outside.
WEEK 2	Rest Day	Run: 20 min	Bike: 30 min	Swim: 400m	Rest Day	Run: 25 min	Bike: 40 min
	Take yoga or stretch.	Comfortable pace. Run/walk option2 min. run, then 1 min. walk	This can either be done on a trainer, a spin bike, or outside.	Warm-up: 50m with kickboard Main set: 12 x 25m with 10 second rest between. Cool-down: easy 50m	Take yoga or stretch.	Comfortable pace. Run/walk option2 min. run, then 1 min. walk	This can either be done on a trainer, a spin bike, or outside.



MEEK 2	Doct Day	Run: 30 min	Swim: 400m	Brick: Bike	Doct Day	Onen Water	Bike: 40 min
WEEK 3	Rest Day	Kun: 30 min	SWIM: 400M		Rest Day	Open Water	Bike: 40 min
	m 1	C C + 11	147 50	30 min, then	m 1	Swim: 0.25 mi.	m) ·
	Take yoga or	Comfortable	<i>Warm-up:</i> 50m	a 10 min	Take yoga or	(~400m)	This can
	stretch.	pace. Run/walk	kick	run.	stretch.		either be done
		option2 min.					on a trainer, a
		run, then 1	Main set: 6 X	The run			spin bike, or
		min. walk	50m with 15	should be			outside
			second rest in	completed			
			between.	right after			
				you get off of			
			Cool-down:	Lthe bike.			
			50m easy				
WEEK 4	Rest Day	Run: 30 min	Swim: 500m	Brick: Bike	Rest Day	Open Water	Bike: 45 min
				30 min, then		Swim: 0.4 mi.	
	Take yoga or	Comfortable	Warm-up: 50m	a 15 min	Take yoga or	(~650m)	This can
	stretch.	pace. Run/walk	kick	run.	stretch.		either be done
		option2 min.					on a trainer, a
		run, then 1	Main set: 4 X	The run			spin bike, or
		min. walk	100m with 30	should be			outside
			second rest in	completed			
			between.	right after			
				you get off of			
			Cool-down:	the bike.			
			50m easy				
WEEK 5	Rest Day	Run: 35 min	Swim: 600m	Brick: Bike	Rest Day	Open Water	Bike: 45 min
				30 min, then		Swim: 0.4miles	
	Take yoga or	Comfortable	<i>Warm-up:</i> 50m	a 15 min	Take yoga or	(~650m)	This can
	stretch.	pace.	kick	run.	stretch.		either be done
		Run/walk					on a trainer, a
			Main set: 4 X	The run			·
		_					_
			Doct V Com				
			Cool-down:				
			50m easy				
		option, 3 min run and 1 min walk.	Main set: 4 X 25m. 4 X 50m. 2 X 100m. 15 second rest in between.	The run should be completed right after you get off of the bike.			spin bike, or outside



WEEK 6	Rest Day	Run: 40 min	Swim: 650m	Brick: Bike	Rest Day	Open Water	Bike: 50 min
WEEK O	1100020.			30 min, then	11000 2 0.9	Swim: 0.5 mi	
	Take yoga or	Comfortable	Warm-up: 50m	a 20 min	Take yoga or	(~800m)	Try to get
	stretch.	pace. Run/	kick	run.	stretch.		outside!
		walk option, 3					
		min run and 1	Main set: 4 X	The run			
		min walk.	25m. 4 X 50m.	should be			
			2 X 100m. 15	completed			
			second rest in	right after			
			between.	you get off of the bike.			
			Cool-down:				
			50m easy				
WEEK 7	Rest Day	Run: 40 min	Swim: 700m	Brick: Bike	Rest Day	Open Water	Bike: 50 min
				40 min, then		Swim: 0.5 mi	
	Take yoga or	Comfortable	<i>Warm-up:</i> 50m	a 20 min	Take yoga or	(~800m)	Try to get
	stretch.	pace. Run/	kick	run.	stretch.		outside!
		walk option, 4					
		min run and 1	Main set: 4 X	The run			
		min walk.	150m. 30 sec.	should be			
			rest between.	completed			
				right after			
			Cool-down:	you get off of			
			50m easy	the bike.			DU 60 I
WEEK 8	Rest Day	Run: 50 min	Swim: 750m	Brick: Bike	Rest Day	Open Water	Bike: 60 min
	Talva vva ma av	Comfortable	Warm-up: 50m	40 min, then a 20 min	Talva vyaga ay	Swim: 0.6 mi	Twy to got
	Take yoga or stretch.		kick		Take yoga or stretch.	(~950m)	Try to get outside!
	stretch.	pace. Run/ walk option, 4	Main set: 3 X	run.	stretch.		outside:
		min run and 1	150m. 1 X	The run			
		min walk.	200m. 30	should be			
		min wan.	seconds rest	completed			
			between.	right after			
				you get off of			
			Cool-down:	the bike.			
			50m easy				



WEEK 9	Rest Day Take yoga or stretch.		Swim: 900m Warm-up: 50m kick Main set: 4 X 200m. 30 seconds rest between. Cool-down: 50m easy	Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.	Rest Day Take yoga or stretch.	Open Water Swim: 0.6 mi (~950m)	Bike: 15 miles Try to get outside!
WEEK 10	Rest Day Take yoga or stretch.	Run: 60 min Comfortable pace. Run/walk options, 5 min run and 1 min walk.	Swim: 900m Warm-up: 50m kick Main set: 2 X 200m. 2 X 300m. 15 seconds rest between. Cool-down: 50m easy	Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.	Rest Day Take yoga or stretch.	Open Water Swim: 0.7 mi (~1125m)	Bike: 15 miles Try to get outside!
WEEK 11	Rest Day Take yoga or stretch.	Run: 60 min Comfortable pace. Run/ walk options, 5 min run and 1 min walk	Swim: 900m Warm-up: 50m kick Main set: 2 X 200m. 2 X 300m. 15 seconds rest between. Cool-down: 50m easy	Brick: Bike 50 min, then a 20 min run. The run should be completed right after you get off of the bike.	Rest Day Take yoga or stretch.	Open Water Swim: 0.7 mi (~1125m)	Bike: 18 miles Try to get outside!



RACE WEEK	Rest day	Swim: Easy 300m	Run: 15 min Swim: 200m	Bike: 40 min	Rest Day	Run: Easy 15 min	RACE DAY

