

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	OFF	SWIM: 2 MINUTE WARMUP EASY 8 X 25 METERS	BIKE: 15 MINUTE RIDE	RUN: 10 MINUTES	OFF	BIKE: 20 MINUTE RIDE	SWIM :2 MINUTE WARMUP EASY 8 X 25 METERS RUN: 10 MINUTES
WEEK 2	OFF	SWIM: 2 MINUTE WARMUP EASY 10 X 25 METERS	BIKE: 20 MINUTE RIDE	RUN: 12 MINUTES	OFF	BIKE: 25 MINUTE RIDE	SWIM :2 MINUTE WARMUP EASY 4X50 METERS RUN: 15 MINUTES
WEEK 3	OFF	SWIM: 2 MINUTE WARMUP EASY 12 X 25 METERS	BIKE: 2 X 10 MINUTE RIDE WITH 2 MINUTES EASY RECOVERY SPIN	RUN: 15 MINUTES	OFF	BIKE: 30 MINUTE RIDE	SWIM :2 MINUTES WARMUP 4 X 50 METERS RUN: 2 X 8 MINUTES WITH 2 MINUTES WALK/JOG RECOVERY
WEEK 4	OFF	SWIM: 2 MINUTE WARMUP EASY 2 X 50 METERS 4X 25 METERS	BIKE: 30 MINUTES	RUN: 15 MINUTES	OFF	BIKE: 20 MINUTES BRICK: 5 MINUTE RUN AFTER THE BIKE	SWIM :2 MINUTE WARMUP EASY 6 X 50 METERS RUN: 10 MINUTES
WEEK 5	OFF	SWIM: 2 MINUTE WARMUP EASY 100 METERS 4 X 50 METERS 4 X 25 METERS	BIKE: 2 X 15 MINUTES FOLLOWED BY 5 MINUTES EASY SPIN	RUN: 20 MINUTES	OFF	BIKE: 40 MINUTES BRICK: 10 MINUTE RUN AFTER THE BIKE	SWIM :2 MINUTE WARMUP EASY 2 X 100 METERS 4 x 50 METERS RUN: 10 MINUTES
WEEK 6	OFF	SWIM: 2 MINUTE WARMUP EASY 5 X 100 METERS	BIKE: 45 MINUTE RIDE OR SPIN CLASS	RUN: 1 MILE EASY 2 X 4 MINUTES @ 80% EFFORT FOLLOWED BY A 1 MINUTE WALK	OFF	BIKE: 50 MINUTES BRICK: 10 MINUTE RUN AFTER THE BIKE	SWIM :2 MINUTE WARMUP EASY 400 METER SWIM RUN: 20 MINUTES
WEEK 7	OFF	SWIM: 2 MINUTE WARMUP EASY 3 X 200 METERS 2 X 100 METERS	BIKE: 45 MINUTE RIDE OR SPIN CLASS	RUN: 2 MILES EASY PACE 1/2 MILE PUSH THE PACE	OFF	BIKE: 40 MINUTES BRICK: 15 MINUTE RUN AFTER THE BIKE	SWIM :2 MINUTE WARMUP EASY 2 X 300 METERS 1X 100 METERS FAST RUN: 20 MINUTES
WEEK 8	OFF	SWIM: 2 MINUTE WARMUP EASY 2 X 300 METERS	BIKE: 20 MINUTE RIDE	RUN: 10 MINUTE JOG	OFF	BIKE: 20 MINUTES	READY TO RACE