

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