

WEEK 1	
MON	Rest
TUE	Rest
WED	Rest or unstructured activity
THU	Rest or unstructured activity
FRI	Rest or unstructured activity
SAT	Rest or unstructured activity
SUN	Rest or unstructured activity

WEEK 2	
MON	Rest
TUE	Rest or unstructured activity
WED	Rest or unstructured activity
THU	Rest or unstructured activity
FRI	Rest or unstructured activity
SAT	Rest or unstructured activity
SUN	Rest or unstructured activity

WEEK 3	
MON	Rest
TUE	Easy swim 30-45 min at 70% HR max
WED	Unstructured activity
THU	Easy bike 30-45 min at 70% HR max
FRI	Unstructured activity
SAT	Easy run 30-45 min at 70% HR max
SUN	Unstructured activity

WEEK 4	
MON	Rest
TUE	Easy swim 30-45 min at 70% HR max
WED	Unstructured activity
THU	Easy bike 30-45 min at 70% HR max
FRI	Unstructured activity
SAT	Easy run 30-45 min at 70% HR max
SUN	Unstructured activity

WEEK 5	
MON	Strength Workout 1 (see pages 50-56 for descriptions)
TUE	Workout in weakest discipline 30-45 min with 6x10 sec sprints
WED	Strength Workout 1
THU	Workout in weakest discipline 30-45 min with 5-min fast finish
FRI	Strength Workout 1
SAT	Workout in weakest discipline 45-60 min at 70% HR max with technique drills
SUN	Workout in discipline 2 30-45 min at 70% HR max Workout in discipline 3 30-45 min at 70% HR max

WEEK 6	
MON	Strength Workout 2
TUE	Workout in weakest discipline 35-45 min with 10x10 sec sprints
WED	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 1
THU	Workout in weakest discipline 35-50 min with 10-min fast finish
FRI	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 1
SAT	Workout in weakest discipline 50-65 min at 70% HR max with technique drills
SUN	Workout in discipline 2 35-45 min at 70% HR max Workout in discipline 3 35-45 min at 70% HR max

WEEK 7	
MON	Strength Workout 2
TUE	Workout in weakest discipline 40-50 min with 10x15 sec sprints
WED	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 2
THU	Workout in weakest discipline 40-55 min with 10-min fast finish
FRI	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 1
SAT	Workout in weakest discipline 55-70 min at 70% HR max with technique drills
SUN	Workout in discipline 2 35-45 min at 70% HR max Workout in discipline 3 35-45 min at 70% HR max

WEEK 8	
MON	Strength Workout 2
TUE	Workout in weakest discipline 40-50 min with 10x20 sec sprints
WED	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 2
THU	Workout in weakest discipline 45-60 min with 15-min fast finish
FRI	Workout in weakest discipline 45-60 min at 70% HR max with technique drills Strength Workout 2
SAT	Workout in weakest discipline 60-75 min at 70% HR max with technique drills Workout in discipline 2 35-45 min at 70% HR max
SUN	Workout in weakest discipline 35-45 min at 70% HR max Workout in discipline 3 35-45 min at 70% HR max

WEEK 9	
MON	Strength Workout 3
TUE	Swim 35-45 min at 70% HR max with technique drills Bike 45-60 min with 10-min fast finish
WED	Strength Workout 2
THU	Swim 35-45 min with 6x25m sprints Run 35-45 min with 6x10 sec sprints
FRI	Strength Workout 2
SAT	Fat-burning bike 60-90 min at 70% HR max with no carbs
SUN	Fat-burning run 45-60 min at 70% HR max with no carbs

WEEK 10	
MON	Strength Workout 3
TUE	Swim 40-50 min at 70% HR max with technique drills Bike 45-60 min with 8x10 sec sprints
WED	Strength Workout 3
THU	Swim 40-50 min with 8x25m sprints Run 40-50 min with 10-min fast finish
FRI	Strength Workout 2
SAT	Fat-burning bike 75-105 min at 70% HR max with no carbs
SUN	Fat-burning run 55-70 min at 70% HR max with no carbs

WEEK 11	
MON	Strength Workout 3
TUE	Swim 45-55 min at 70% HR max with technique drills Bike 50-65 min with 10-min fast finish
WED	Strength Workout 3
THU	Swim 45-55 min with 10x25m sprints Run 40-50 min with 6x10 sec sprints
FRI	Strength Workout 3
SAT	Fat-burning bike 90-120 min at 70% HR max with no carbs
SUN	Fat-burning run 60-75 min at 70% HR max with no carbs

WEEK 12	
MON	Strength Workout 3
TUE	Swim 50-60 min at 70% HR max with technique drills Bike 50-65 min with 12x10 sec sprints
WED	Strength Workout 3
THU	Swim 50-60 min with 12x25m sprints Run 45-55 min with 10-min fast finish
FRI	Strength Workout 3
SAT	Fat-burning bike 90-135 min at 70% HR max with no carbs
SUN	Fat-burning run 65-80 min at 70% HR max with no carbs