

WEEK 1

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / RUN	SWIM / BIKE	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	2000 YDS - SWIM 30 MINUTE - RUN	2800 YDS - SWIM TEST 90 MINUTE - BIKE TEST	60 MINUTE - RUN TEST	30 MINUTE - SWIM 35 MINUTE - BIKE	2.5 HOUR - BIKE 15 MINUTE - RUN	60 MINUTE - RUN 30 MINUTE - BIKE

WEEK 2

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	2800 YDS - SWIM 39 MINUTE - BIKE 30 MINUTE - RUN	3000 YDS - SWIM 60 MINUTE - BIKE	40 MINUTE - RUN	45 MINUTE - SWIM 35 MINUTE - BIKE	3 HOUR - BIKE 20 MINUTE - RUN	70 MINUTE - RUN 45 MINUTE - BIKE

WEEK 3

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	3000 YDS - SWIM 49 MINUTE - BIKE 30 MINUTE - RUN	4000 YDS - SWIM TEST 75 MINUTE - BIKE	50 MINUTE - RUN	60 MINUTE - SWIM 50 MINUTE - BIKE	2.5 HOUR - BIKE 25 MINUTE - RUN	80 MINUTE - RUN 60 MINUTE - BIKE

WEEK 4

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	3800 YDS - SWIM 59 MINUTE - BIKE 15 MINUTE - RUN	5000 YDS - SWIM 96 MINUTE - BIKE	55 MINUTE - RUN	60 MINUTE - SWIM 50 MINUTE - BIKE	3 HOUR - BIKE 40 MINUTE - RUN	90 MINUTE - RUN 75 MINUTE - BIKE

WEEK 5

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE / RUN	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	2900 YDS - SWIM 69 MINUTE - BIKE 15 MINUTE - RUN	3500 YDS - SWIM 96 MINUTE - BIKE 15 MINUTE - RUN	60 MINUTE - RUN	60 MINUTE - SWIM 65 MINUTE - BIKE	2 HOUR - BIKE 40 MINUTE - RUN	100 MINUTE - RUN 90 MINUTE - BIKE

WEEK 6

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE / RUN	RECOVERY DAY	SWIM	BIKE / RUN	RUN / BIKE
NO DISTANCE	2700 YDS - SWIM 79 MINUTE - BIKE 15 MINUTE - RUN	4000 YDS - SWIM TEST 2 HOUR - BIKE 20 MINUTE - RUN	NO DISTANCE	60 MINUTE - SWIM	2.5 HOUR - BIKE 55 MINUTE - RUN	90 MINUTE - RUN 90 MINUTE - BIKE

WEEK 7

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / BIKE / RUN	SWIM / BIKE / RUN	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	3000 YDS - SWIM 89 MINUTE - BIKE 15 MINUTE - RUN	4000 YDS - SWIM 119 MINUTE - BIKE 25 MINUTE - RUN	60 MINUTE - RUN	60 MINUTE - SWIM 65 MINUTE - BIKE	3 HOUR - BIKE 40 MINUTE - RUN	100 MINUTE - RUN 90 MINUTE - BIKE

WEEK 8

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / RUN	SWIM / BIKE / RUN	RUN	SWIM / BIKE	BIKE / RUN	RUN / BIKE
NO DISTANCE	5000 YDS - SWIM 60 MINUTE - RUN	3500 YDS - SWIM 142 MINUTE - BIKE 30 MINUTE - RUN	70 MINUTE - RUN	60 MINUTE - SWIM 80 MINUTE - BIKE	3 HOUR - BIKE 50 MINUTE - RUN	100 MINUTE - RUN 90 MINUTE - BIKE

WEEK 9

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM / RUN	SWIM / BIKE / RUN	RUN	SWIM	BIKE / RUN	RUN
NO DISTANCE	2700 YDS - SWIM 75 MINUTE - RUN	2800 YDS - SWIM 142 MINUTE - BIKE 30 MINUTE - RUN	75 MINUTE - RUN	60 MINUTE - SWIM	90 MINUTE - BIKE 20 MINUTE - RUN	60 MINUTE - RUN

WEEK 10

MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY DAY	SWIM	SWIM / BIKE / RUN	RUN	RECOVERY DAY	SWIM / BIKE / RUN	RACE DAY
NO DISTANCE	60 MINUTE - SWIM	3000 YDS - SWIM 58 MINUTE - BIKE 15 MINUTE - RUN	30 MINUTE - RUN	NO DISTANCE	PRE-RACE BRICK 75 MINUTE TOTAL	SHUT UP LEGS!!!