

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Run/Walk Warm up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool down: 5 min walk	Bike 20 min easy effort	Swim 10 x 25m taking 30 sec of rest after each length	Rest Day	Run/Walk Warm up: 5 min brisk walk 8 x 3 min run / 1 min walk Cool down: 5 min walk	Swim 10 x 50m (1 full lap) with 45 sec of rest	Rest Day
2		Run/Walk Warm up: 5 min brisk walk 4 x 5 min run / 2 min walk Cool down: 5 min walk	Bike 30 min easy effort	Swim 5 x 100m (2 full laps), taking 60 seconds of rest after each	Rest Day	Run/Walk Run 3 km, taking walking breaks as needed	Swim 10 min without stopping easy	Rest Day
3		Easy Run Warm up: 5 min brisk walk Run 1.5 km without stopping Cool down: 5 min walk	Bike 45 min easy effort	Swim 10 x 50m in zone 4, with 60 seconds of rest	Rest Day	Easy Run Run 2 km without stopping	Bike Warm up: 5 min 10 x 2 min zone 4, 1 min recovery Cool down: 5 min	Rest Day
4		Easy Run 3 km	Bike 50 min easy effort	Swim Easy distance: 15 minutes without stopping	Rest Day	Run Warm up: 5 min jog 10 x 1 min hard (zone 4) with 1 min easy jog (zone 1) Cool down: 5 min walk	Brick Swim 10 min without stopping Bike 45 min (zone 3)	Rest Day
5		Easy Run 3 km + 4 x 50m strides	Bike 60 min easy effort	Swim 2 x 300m in zone 3, with 90 seconds rest	Rest Day	Swim 20 min without stopping easy	Brick Workout Bike: 30 min Run: 10 min	Rest Day
6		Easy Run 4 km miles + 4 x 50m strides	Bike 70 min easy effort	Swim 2 x 400m zone 3, with 90 sec rest	Rest Day	Swim 1000m Zone 2	Race Simulation Swim: 500 m Run: 3 km Bike: 16 km	Rest Day
7		Easy Run 5 km + 4 x 75m strides	Bike 75 min easy effort	Swim 2 x 400m zone 3, with 90 sec rest	Rest Day	Brick Workout Bike: 45 min zone 2 Run: 15 min zone 3	Bike Warm up: 5 min 5 x 3 min zone 4, 1 min recovery Cool down: 5 min	Rest Day
8		Easy Run 3 km + 4 x 75m strides	Bike 30 min Zone 2	Swim 10 min easy effort Zone 2	Rest Day	Bike or Run 15 - 20 min easy	Race! Sprint Triathlon Simulation or Official Event	Rest Day
9		Easy Run 5 km Zone 2-3	Bike 24 km Zone 2-3	Swim 4 x 200m zone 3 with 90 sec rest	Rest Day	Bike 25 km with 4 x 5 min at tempo pace (upper zone 3) with 90 sec recovery	Swim 600m easy effort; 4 x 25m sprints	Rest Day
10		Easy Run 6.5 km + 4 x 75m strides	Bike 29 km at an easy effort	Swim 2 x 500m zone 3, with 90 sec rest; 4 x 25m sprints	Rest Day	Brick Workout Bike: 60 min zone 2 Run: 30 min zone 3	Bike Warm up: 10 min 25 min tempo pace Cool down: 5 min	Rest Day
11		Easy Run 7 km + 4 x 75m strides	Bike 32 km at an easy effort	Swim 800m easy effort with 4 x 25m sprints	Rest Day	Run 6.5 km with 2 x 10 min tempo pace with 90 sec recovery	Swim 8 x 100m (zone 3-4) with 60 sec rest	Rest Day
12		Easy Run 8 km + 4 x 75m strides	Bike 60 min with 3 x 10 min at tempo pace (upper zone 3) with 2 min of recovery	Swim 1000m east effort with 4 x 25m sprints	Rest Day	Bike 20 min easy	Mini Race Simulation Swim: 1000m Bike: 30 km Run: 5 km	Rest Day
13		Easy Run 9 km + 4 x 75m strides	Bike 35 km	Swim 1200m Zone 2	Rest Day	Run 8 km with 10 x 90 sec in zone 4 with 60 sec recovery	Swim 5 x 300m zone 4, 4 x 25m sprints	Rest Day
14		Easy Run 9.5 km + 4 x 75m strides	Bike 75 min in zone 2 with 2 x 20 min in upper zone 3	Swim 3 x 500m with 90 sec rest (zone 3)	Rest Day	Swim 1500m Zone 2	Bike 40 km easy	Rest Day
15		Easy Run 9.5 km + 4 x 75m strides	Bike 60 min with 10 x 3 min (zone 4) with 1 min recovery	Swim 4 x 400m zone 3 with 90 sec rest	Rest Day	Run 6 km zone 2 with 10 x 90 sec zone 4 / 30 sec recovery	Swim/Bike Swim: 1000m Bike: 30-32 km	Rest Day
16		Easy Run 5 km + 4 x 75m strides	Bike 30-40 min easy effort	Swim 15 min Zone 2	Rest Day	Bike or Run 15 - 20 min easy	Run RACE!	Rest Day