

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Run/Walk</b> Warm up: 5 min brisk walk  8 x 2 min run / 1 min walk  Cool down: 5 min walk	<b>Bike</b> 20 min easy effort	<b>Swim</b> 10 x 25m taking 30 sec of rest after each length	<b>Rest Day</b>	<b>Run/Walk</b> Warm up: 5 min brisk walk  8 x 3 min run / 1 min walk  Cool down: 5 min walk	<b>Swim</b> 10 x 50m (1 full lap) with 45 sec of rest	<b>Rest Day</b>
		<b>Run/Walk</b> Warm up: 5 min brisk walk  4 x 5 min run / 2 min walk  Cool down: 5 min walk	<b>Bike</b> 30 min easy effort	<b>Swim</b> 5 x 100m (2 full laps), taking 60 seconds of rest after each	<b>Rest Day</b>	<b>Run/Walk</b> Run 3 km, taking walking breaks as needed	<b>Swim</b> 10 min without stopping easy	<b>Rest Day</b>
2		<b>Easy Run</b> Warm up: 5 min brisk walk  1.5 km without stopping  Cool down: 5 min walk	<b>Bike</b> 45 min easy effort	<b>Swim</b> 10 x 50m in zone 4, with 60 seconds of rest	<b>Rest Day</b>	<b>Run</b> Run 2 km without stopping	<b>Bike</b> Warm up: 5 min  10 x 2 min zone 4, 1 min recovery  Cool down: 5 min	<b>Rest Day</b>
		<b>Easy Run</b> 3 km	<b>Bike</b> 50 min easy effort	<b>Swim</b> Easy distance: 15 minutes without stopping	<b>Rest Day</b>	<b>Run</b> Warm up: 5 min jog  10 x 1 min hard (zone 4) / 1 min easy jog (zone 1)  Cool down: 5 min walk	<b>Brick</b> Swim 10 min without stopping  Bike 45 min (zone 3)	<b>Rest Day</b>
3		<b>Easy Run</b> 3 km + 4 x 50m strides	<b>Bike</b> 60 min easy effort	<b>Swim</b> 2 x 300m in zone 3, with 90 seconds rest	<b>Rest Day</b>	<b>Swim</b> 20 min without stopping easy	<b>Brick Workout</b> Bike: 30 min Run: 10 min	<b>Rest Day</b>
		<b>Easy Run</b> 4 km + 4 x 50m strides	<b>Bike</b> 70 min easy effort	<b>Swim</b> 2 x 400m in zone 3, with 90 seconds of rest	<b>Rest Day</b>	<b>Swim</b> 600m easy effort (zone 2)	<b>Race Simulation</b> Swim: 500 m  Run: 3 km Bike: 16 km	<b>Rest Day</b>
4		<b>Easy Run</b> 5 km + 4 x 75m strides	<b>Bike</b> 75 min easy effort	<b>Swim</b> 2 x 400m in zone 3, with 90 seconds of rest	<b>Rest Day</b>	<b>Brick Workout</b> Bike: 45 min zone 2  Run: 15 min zone 3	<b>Bike</b> Warm up: 5 min  5 x 3 min zone 4, 1 min recovery  Cool down: 5 min	<b>Rest Day</b>
		<b>Easy Run</b> 3 km + 4 x 75m strides	<b>Bike</b> 30 min easy effort	<b>Swim</b> 10 min easy (zone 2)	<b>Rest Day</b>	<b>Bike or Run</b> 15 min easy	<b>Race!</b> Sprint	<b>Rest Day</b>