

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
		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 2 miles, taking walking breaks as needed	Swim 10 min without stopping easy	Rest Day
3		Easy Run Warm up: 5 min brisk walk 1 mile 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 1.5 miles without stopping	Bike Warm up: 5 min 10 x 2 min zone 4, 1 min recovery Cool down: 5 min	Rest Day
		Easy Run 2 miles	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) / 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 2 miles + 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 effort	Brick Workout Bike: 30 min Run: 10 min	Rest Day
		Easy Run 2.5 miles + 4 x 50m strides	Bike 70 min easy effort	Swim 2 x 400m in zone 3, with 90 seconds of rest	Rest Day	Swim 600m easy effort (zone 2)	Race Simulation Swim: 500 m Run: 2 miles Bike: 10 miles	Rest Day
7		Easy Run 3 miles + 4 x 75m strides	Bike 75 min easy effort	Swim 2 x 400m in zone 3, with 90 seconds of 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
		Easy Run 2 miles + 4 x 75m strides	Bike 30 min easy effort	Swim 10 min easy (zone 2)	Rest Day	Bike or Run 15 min easy	Race! Sprint	Rest Day