

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|----------|--------------|--------------------------------|------------------|-----------------------------------------|-----------------------------|---------------------------------|
| 1 | Rest Day | Bike 30 mins | Swim 1000 yards Run 20 mins | Bike 45 mins | Swim 1000 yards Run 20 mins | Bike 45 mins | Run 30 mins |
| 2 | Rest Day | Bike 45 mins | Swim 1100 yards Run 25 mins | Bike 1 h 15 mins | Swim 1200 yards Run 30 mins | Bike 30 mins Run 5 mins | Swim 1200 yards Run 30 mins |
| 3 | Rest Day | Bike 45 mins | Swim 1200 yards Run 20 mins | Bike 45 mins | Swim 1200 yards Run 30 mins | Bike 1 h | Swim 1500 yards Run 40 mins |
| 4 | Rest Day | Bike 35 mins | Swim 1000 yards Run 30 mins | Bike 30 mins | Swim 1100 yards Sprint 1000 yards | Bike 35 mins | Swim 1200 yards Bike 35 mins |
| 5 | Rest Day | Bike 45 mins | Swim 1400 yards Run 40 mins | Bike 1 h | Swim + Sprint 1200 yards | Bike 55 mins | Bike 1 h Run 40 mins |
| 6 | Rest Day | Bike 1 h | Swim 1350 yards Run 30 mins | Bike 1 h | Swim + Sprint 1500 yards Run 30 mins | Bike 30 mins Run 15 mins | Swim 1200 yards Run 25 mins |
| 7 | Rest Day | Bike 45 mins | Swim 1500 yards Run 40 mins | Bike 1 h 15 mins | Swim + Sprint 1500 yards Run 30 mins | Bike 1 h 30 mins | Swim 1600 yards |
| 8 | Rest Day | Bike 45 mins | Swim 1100 yards Run 30 mins | Bike 45 mins | Swim + Sprint 1300 yards Run 30 mins | Bike 1 h | Swim 1400 yards Run 30 mins |
| 9 | Rest Day | Bike 45 mins | Swim 1500 yards Run 25 mins | Bike 1 h | Swim + Sprint 1500 yards Run 45 mins | Bike 1 h 15 mins | Swim 1600 yards Run 1 h |
| 10 | Rest Day | Bike 1 h | Swim 1500 yards Run 30 mins | Bike 1 h 15 mins | Swim + Sprint 1500 yards Run 40 mins | Bike 1 h Run 30 mins | Swim 2000 yards Run 25 mins |
| 11 | Rest Day | Bike 1 h | Swim 1600 yards Run 25 mins | Bike 1 h 20 mins | Swim + Sprint 1750 yards Run 30 mins | Bike 2 h | Swim 1800 yards Run 1 h |
| 12 | Rest Day | Bike 1 h | Swim 1400 yards Run 30 mins | Bike 1 h 15 mins | Swim + Sprint 1600 yards Run 35 mins | Bike 20 mins | Sprint triathlon |
| 13 | Rest Day | Bike 1 h | Swim 1500 yards Run 30 mins | Bike 1 h 15 mins | Swim + Sprint 1800 yards Run 45 mins | Bike 2 h | Swim 1750 yards Run 1 h |

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| 14 | Rest Day | Bike 1 h | Swim 1750 yards Run 30 mins | Bike 1 h 15 mins | Swim + Sprint 1750 yards Run 30 mins | Bike 1 h 15 mins | Swim 1800 yards Run 30 mins |
| 15 | Rest Day | Tempo bike 1 h | Swim 2000 yards Run 35 mins | Bike 1 h 30 mins | Swim + Sprint 1900 yards Run 45 mins | Bike 2 h 30 mins | Swim 2250 yards Run 1 h |
| 16 | Rest Day | Bike 1 h | Swim 1600 yards Run 35 mins | Bike 1 h | Swim + Sprint 1400 yards Run 45 mins | Bike 20 mins | Olympic-Distance Triathlon |
| 17 | Rest Day | Tempo bike 1 h 5 mins | Swim 2000 yards Run 30 mins | Bike 1 h 30 mins | Swim + Sprint 2100 yards Run 45 mins | Bike 2 h 30 mins | Swim 2250 yards Run 1 h 15 mins |
| 18 | Rest Day | Tempo bike 1 h 10 mins | Swim 2000 yards Run 30 mins | Bike 1 h 30 mins | Swim + Sprint 2000 yards Run 1 h | Bike 1 h 45 mins Run 30 mins | Swim 2000 yards Run 30 mins |
| 19 | Rest Day | Tempo bike 1 h 15 mins | Swim 2000 yards Run 30 mins | Bike 1 h 30 mins | Swim + Sprint 2000 yards Run 45 mins | Bike 2 h | Swim 2000 yards Run 1 h |
| 20 | Rest Day | Tempo bike 1 h | Swim 1700 yards Run 30 mins | Bike 45 mins | Swim + Sprint 1100 yards | Swim + Sprint 1100 yards | Triathlon |