

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Ride 35 mins aerobic pace	Pool swim 25 mins or 1000m	Run 3 km aerobic pace	Pool swim 25 mins or 1000m	Endurance run 4 km aerobic pace	Endurance ride 45 mins at 20 mins 5 x 1 min Pick Ups @ 1 min spin
2	Rest Day	Ride 35 mins aerobic pace	Pool swim 30 mins or 1200m	Tempo run 4 km	Pool swim 25 mins or 1000m	Endurance run 5 km aerobic pace	Endurance ride 45 mins at 20 mins 5 x 1 min Pick Ups @ 1 min spin
3	Rest Day	Ride 45 mins aerobic pace	Pool swim 35 mins or 1400m	Tempo run 5 km	Pool swim 40 mins or 1600m	Endurance run 6 km aerobic pace	Endurance ride 45 mins at 20 mins 5 x 1 min Pick Ups @ 1 min spin
4	Rest Day	Ride 35 mins aerobic pace	Pool swim 35 mins or 1400m	Tempo run 5 km	Pool swim 25 mins or 1000m	Endurance run 5 km aerobic pace	Endurance ride 45 mins aerobic pace
5	Rest Day	Ride - Hills 45 mins at 20 mins, insert 5 x 2 min Hill Repeats @ 1 min spin	Pool swim 30 mins or 1200m	Tempo run 5 km	Pool swim 40 mins or 1600m	Endurance run 6 km aerobic pace	Endurance ride 60 mins aerobic pace
6	Rest Day	Ride - Hills 60 mins at 20 mins, insert 5 x 2 min Hill Repeats @ 1 min spin	Pool swim 40 mins or 1600m	Run 5 km, Aerobic with 4 x 40 sec Pick Ups	Pool swim 40 mins or 1600m	Endurance run 7 km aerobic pace	Endurance ride 80 mins aerobic pace
7	Rest Day	Ride - Hills 70 mins at 20 mins, insert 3 x 3 min Hill Repeats @ 1 min spin	Pool swim 40 mins or 1600m	Tempo run 7 km	Pool swim 45 mins or 1800m	Endurance run 8 km aerobic pace	Race practice ride 120 mins aerobic pace
8	Rest Day	Ride - Hills 45 mins at 20 mins, insert 5 x 22 min Pick Ups @ 1 min spin	Pool swim 40 mins or 1600m	Run 5 km aerobic pace	Pool swim 35 mins or 1400m	Endurance run 7 km aerobic pace	Race practice ride 60 mins aerobic pace

9	Rest Day	Tempo run 6 km	Pool swim 50 mins or 2000m	Ride - Hills 60 mins at 20 mins, insert 3 x 3 min Hill Repeats @ 1 min spin	Endurance run 9 km aerobic pace	Endurance ride 90 mins. Run 3 km	Swim 35 mins or 1200 m
10	10 Rest Day	Run 6 km, Aerobic with 4 x 40 sec Pick Ups	Pool swim 55 mins or 2200m	Ride - Hills 70 mins at 20 mins, insert 5 x 2 min Hill Repeats @ 1 min spin	Endurance run 10 km race pace for the last 3 kms	Endurance ride 90 mins. Run off the bike 3 km, fast 1 km	Swim 40 mins or 1500 m
11	Rest Day	Run 5 km, Aerobic with 4 x 30 sec Pick Ups	Pool swim 45 mins or 1800m	Ride - Hills 60 mins at 20 mins, insert 3 x 1 min Hill Repeats @ 1 min spin	Endurance run 8 km	Endurance ride 60 mins. Run 2 km	Swim 35 mins or 1200 m
12	12 Rest Day	Tempo run 6 km	Pool swim 40 mins or 1600m	Ride 30 mins at 20 mins	Easy swim 1000m	Rest	Triathlon