

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>1</b>	Rest Day	30 mins swim	45 mins easy bike	45 mins run	20 mins easy swim	45 mins bike	30 mins easy run
<b>2</b>	Rest Day	25 mins swim	45 mins easy bike	40 mins run	20 mins easy swim	60 min bike	30 mins easy run
<b>3</b>	Rest Day	30 mins swim	45 mins easy bike	45 mins run	20 mins easy swim	60 min bike	30 mins easy run
<b>4</b>	Rest Day	20 mins easy swim	Rest Day	45 mins bike	Rest Day	30 mins easy run	Rest Day
<b>5</b>	Rest Day	30 mins swim	45 mins easy bike	45 mins run	20 mins easy swim	45 mins bike	30 mins easy run
<b>6</b>	Rest Day	30 mins swim	45 mins easy bike	45 mins run	20 mins easy swim	60 min bike	30 mins easy run
<b>7</b>	Rest Day	35 mins swim	45 mins easy bike	50 mins bike	20 mins easy swim	65 mins bike	30 mins easy run
<b>8</b>	Rest Day	20 mins easy swim	Rest Day	45 mins bike	Rest Day	30 mins easy run	Rest Day
<b>9</b>	Rest Day	30 mins swim	45 mins easy bike	45 mins run	20 mins easy swim	45 mins bike	30 mins easy run
<b>10</b>	Rest Day	35 mins swim	45 mins easy bike	50 mins run	20 mins easy swim	65 mins bike	30 mins easy run
<b>11</b>	Rest Day	25 mins swim	45 mins easy bike	30 mins run	20 mins easy swim	45 mins bike	30 mins easy run
<b>12</b>	Rest Day	20 mins run	30 mins bike	15 mins swim	Rest Day	20 mins workout	Triathlon