

	MONDAY	TUESDAY	WEDNESDAY	THURSDA	FRIDAY	SATURDA	SUNDAY
1	Rest Day	Swim 800 yards	Bike 30 mins	Run 25 mins	Swim 800 yards	Bike 30 mins	Run 25 mins
2	Rest Day	Swim 900 yards	Bike 45 mins	Run 30 mins	Swim 900 yards	Bike 45 mins	Run 30 mins
3	Rest Day	Swim 1000 yards	Bike 1 h	Run 35 mins	Swim 1000 yards	Bike 1 h	Run 35 mins
4	Rest Day	Swim 800 yards	Bike 45 mins	Run 30 mins	Swim 900 yards	Bike 30 mins	Run 30 mins
5	Rest Day	Swim 1100 yards	Bike 50 mins	Run 30 mins	Swim 1100	Bike 1 h	Bike 1 h
6	Rest Day	Swim 1200 yards	Bike 55 mins	Run 35 mins	Swim 1100	Bike 1 h	Run 45 mins
7	Rest Day	Swim 1275 yards	Bike 1 h	Run 30 mins	Swim 1200 yards	Bike 1 h	Run 50 mins
8	Rest Day	Swim 1000 yards	Bike 1 h	Run 30 mins	Swim 900 yards	Bike 1 h	Run 45 mins
9	Rest Day	Swim 1350 yards	Bike 1 h	Run 35 mins	Swim 1400 yards	Bike 1 h	Run 1 h
10	Rest Day	Swim 1350 yards	Bike 1 h	Run 35 mins	Swim 1400 yards	Bike 1 h	Run 40 mins
11	Rest Day	Swim 1350 yards	Bike 1 h	Run 40 mins	Swim 1400 yards	Bike 1h 30 mins	Run 1 h
12	Rest Day	Swim 1100 yards	Bike 45 mins	Run 30 mins	Swim 1200 yards	Bike 20 mins	Sprint triathlon
13	Rest Day	Swim 1500 yards	Bike 1 h	Run 30 mins	Swim 1500 yards	Bike 1 h 45 mins	Run 1 h
14	Rest Day	Swim 1500 yards	Bike 1 h	Run 30 mins	Swim 1500 yards	Bike 1 h 45 mins	Run 1 h
15	Rest Day	Swim 1500 yards	Bike 1 h	Run 35 mins	Swim 1500 yards	Bike 2 h	Run 1 h
16	Rest Day	Swim 1100 yards	Bike 45 mins	Run 30 mins	Swim 900 yards	Bike 20 mins	Triathlon