

	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

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