

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