

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Swim 1000 yards	Bike 45 mins	Run 30 mins	Swim 1000 yards	Bike 45 mins	Run 45 mins
2	Rest Day	Swim 1100 yards	Bike 1 h	Run 35 mins	Swim 1100 yards	Bike 1 h	Run 45 mins
3	Rest Day	Swim 1200 yards	Bike 1 h 30 mins	Run 45 mins	Swim 1200 yards	Bike 1 h 30 mins	Run 50 mins
4	Rest Day	Swim 1000 yards	Bike 1 h	Run 45 mins	Swim 1000 yards	Bike 1 h	Run 45 mins
5	Rest Day	Swim 1300 yards	Bike 1 h 30 mins	Run 45 mins	Swim 1300 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
6	Rest Day	Swim 1400 yards	Bike 1 h	Run 50 mins	Swim 1400 yards	Bike 1 h	Run 1 h
7	Rest Day	Swim 1475 yards	Bike 1 h 30 mins	Run 45 mins	Swim 1475 yards	Bike 1 h 30 mins	Run 1 h
8	Rest Day	Swim 1200 yards	Bike 1 h 30 mins	Run 45 mins	Swim 1200 yards	Bike 1 h 30 mins	Run 1 h
9	Rest Day	Swim 1550 yards	Bike 1 h 30 mins	Run 50 mins	Swim 1550 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
10	Rest Day	Swim 1550 yards	Bike 1 h 30 mins	Run 50 mins	Swim 1550 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
11	Rest Day	Swim 1550 yards	Bike 1 h 30 mins	Run 1 h	Swim 1550 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
12	Rest Day	Swim 1300 yards	Bike 1 h	Run 45 mins	Swim 1300 yards	Bike 1 h	Sprint triathlon
13	Rest Day	Swim 1700 yards	Bike 1 h 30 mins	Run 45 mins	Swim 1700 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
14	Rest Day	Swim 1700 yards	Bike 1 hBike 1 h 30 mins	Run 45 mins	Swim 1700 yards	Bike 1 hBike 1 h 30 mins	Bike 1 h 30 mins
15	Rest Day	Swim 1700 yards	Bike 1 h 30 mins	Run 50 mins	Swim 1700 yards	Bike 1 h 30 mins	Bike 1 h 30 mins
16	Rest Day	Swim 1300 yards	Bike 1 h	Run 50 mins	Swim 1300 yards	Bike 1 h	Triathlon