

Triathlon Training Plan - February 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Swim 2km	2 Bike 30km
3 Run 5km	4 Bike 40km	5 Run 8km	6 Swim 2.5km	7 Rest	8 Run 10km	9 Swim 3km
10 Bike 50km	11 Run 8km	12 Swim 2.5km	13 Bike 70km	14 Run 12km	15 Swim 3km	16 Bike 40km + Run 5km (brick)
17 Run 10km	18 Swim 2km	19 Bike 50km	20 Run 12km	21 Swim 2.5km	22 Bike 60km	23 Rest
24 Run 8km	25 Swim 2km	26 Bike 70km	27 Run 14km	28 Swim 3km		

Triathlon Training Plan - March 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Bike 80km	2 Run 16km
3 Swim 3.2km	4 Bike 50km	5 Run 12km	6 Swim 2.5km	7 Rest	8 Run 18km	9 Swim 3km
10 Bike 60km	11 Run 10km	12 Swim 2.5km	13 Bike 90km	14 Run 20km	15 Swim 3km Bike 50km + Run 8km (brick)	16 Swim 3km
17 Run 15km	18 Swim 2km	19 Bike 70km	20 Run 18km	21 Swim 3km	22 Bike 100km	23 Rest
24 Run 12km	25 Swim 2.5km	26 Bike 110km	27 Run 22km	28 Swim 3.5km	29 Run 25km	30 Swim 3km
31 Bike 120km						

Triathlon Training Plan - April 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Run 10km	2 Swim 2km	3 Bike 50km	4 Run 8km	5 Swim 3km	6 Bike 70km
7 Rest	8 Run 12km	9 Swim 3.5km	10 Bike 60km	11 Run 10km	12 Swim 2.5km	13 Bike 80km
14 Run 15km	15 Swim 3km Bike 40km + Run 5km (b	16	17 Run 10km	18 Swim 2km	19 Bike 60km	20 Run 8km
21 Swim 3km	22 Bike 40km	23 Rest	24 Run 6km	25 Swim 1.5km	26 Triathlon 226km Race	27 Recovery swim 1km
28 Rest	29 Light bike 30km	30 Run 5km				