

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 300 Yards	Bike 30-45 Minutes	Swim 300 Yards Run/Walk 1 Mile	Bike 45 Minutes	Off	Run/Walk 2 Miles	Bike 1 Hour Run/Walk 1 Mile
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 350 Yards	Bike 45 Minutes	Swim 350 Yards	Bike 1 Hour	Off	Run 2 Miles	Bike 1 Hour Run 1 Mile
Week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 400 Yards	Bike 1 Hour	Swim 400 Yards	Bike 1 Hour	Off	Run 2 Miles	Bike 1 Hour Run 1 Mile
Week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 400 Yards Group Bike Ride	Run 2 Miles	Swim 400 Yards	Bike 1 Hour	Friday Off or Swim 400 Yards	Run 2 Miles	Bike 1 Hour Run 1 Mile
Week 5						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 400 Yards Group Bike Ride	Run 2 Miles	Swim 400 Yards	Bike 1 Hour	Friday Off or Swim 400 Yards	Run 2 Miles	Bike 1 Hour Run 1 Mile
Week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 400 Yards Group Bike Ride	Run 2 Miles	Swim 400 Yards	Bike 1 Hour	Friday Off or Swim 400 Yards	Run 2 Miles	Bike 1 Hour Run 1 Mile
Week 7						
	Race Week - Ideal Beach Triathlon					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 200 Yards Group Bike Ride	Run/Walk 2 Miles	Swim 200 Yards	Bike 45 minutes	Off	Ideal Beach Tri Swim 150 Yards Bike 8.5 Miles Run 1 Mile	Off
Week 8						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 500 Yards Group Bike Ride	Run 3 Miles	Swim 500 Yards	Bike 20 Miles	Off	Run 3 Miles	Bike 30 Miles
Week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 500 Yards Group Bike Ride	Run 3.5 Miles	Swim 500 Yards	Bike 20 Miles Run 2 Miles	Swim 500 Yards	Bike 45 Minutes Run 3.1 Miles	Off or Swim 500 Yards

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 600 Yards					Bike 25 Miles	Swim 600 Yards
Group Bike Ride	Run 4 Miles	Swim 600 Yards	Bike 25+ Miles	Off	Run 3.1 Miles	

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 600 Yards					Bike 25 Miles	Swim 600 Yards
Group Bike Ride	Run 4 Miles	Swim 600 Yards	Bike 25+ Miles	Off	Run 3.1 Miles	

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Diamond Lake Tri Swim 4000 Yards Bike 12 Miles Run 3.1 Mile	
Swim 300 Yards			Bike 45 Minutes			
Group Bike Ride	Easy 3.1 Mile Run	Swim 300 Yards		Off		Off