

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1500 Yards	Bike 30 Miles	Swim 1500 Yards Run 3 Miles	Bike 30 Miles	Swim 1500 Yards	Run 5 Miles	Bike 2 Hours Run 3.1 Miles
Week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1600 Yards	Bike 30 Miles	Swim 1600 Yards	Bike 30 Miles	Swim 1600 Yards	Run 5 Miles	Bike 2.5 Hour Run 1 Mile
Week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1700 Yards Group Bike Ride	Run 3.5 Miles	Swim 1700 Yards	Bike 30 Miles	Swim 1700 Yards Or Day Off	Bike 40 Miles	Run 5 Miles
Week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1800 Yards Group Bike Ride	Run 4 Miles	Swim 1700 Yards	Bike 1 Hour Run 3 Miles	Friday Off or Swim 1800 Yards	Bike 40 Miles	Run 6 Miles
Week 5						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1900 Yards Group Bike Ride	Run 4 Miles	Swim 1900 Yards	Bike 30 Miles	Friday Off or Swim 1800 Yards	Saturday Bike 30 Minutes Run 1 Mile Repeat 3x	Bike 40 Miles
Week 6 - Easy						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1500 Yards Group Bike Ride	Run 2 Miles	Swim 1500Yards	Bike 1 Hour	Off	Run 4 Miles	Bike 1 Hour Run 1 Mile
	Race Week - Ideal Beach Triathlon					
Week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 600 Yards Group Bike Ride	Run 2 Miles	Swim 600 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 2000 Yards Group Bike Ride	Run 4 Miles	Swim 2000 Yards	Bike 35 Miles Hard	Off	Run 6 Miles	Bike 40-50 Miles Easy

Week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 2000 Yards Group Bike Ride	Run 3.5 Miles	Swim 2000 Yards	Bike 35+ Miles	Swim 2000 Yards	Bike 45 Miles Run 1 Mile	Run 5 Miles
Week 10						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 2000 Yards Group Bike Ride	Run 4 Miles	Swim 2000 Yards	Bike 35+ Miles	Off or Swim 2000 Yards	Bike 45 Miles Run 1 Mile	Run 5 Miles
Week 11						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1500 Yards Group Bike Ride	Run 3 Miles	Swim 1600 Yards	Bike 25+ Miles	Off or Swim 1500 Yards	Bike 20 Minutes Run 1 Mile Repeat 3x	Off or easy group Bike ride
Week 12						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim 1000 Yards Group Bike Ride	Easy 3 Mile Run	Swim 800 Yards	Bike 25 Miles	Off	Diamond Lake Tri Swim 4000 Yards Bike 12 Miles Run 3.1 Mile	Off