

12-WEEK OLYMPIC TRAINING

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#12	REST	R: 2.75 miles	S: 800	B: 15 Miles R: 2.5 Miles	S: 800	R: 2.75 miles	S: 750 B: 15 Miles
#11	REST	R: 3 Miles	S: 900	B: 11 Miles R: 2.75 Miles	S: 900	R: 3 Miles	S: 850 B: 13 Miles
#10	REST	R: 3.5 Miles	S: 1000	B: 14 Miles R: 3 Miles	S: 1000	R: 3.5 Miles	S: 950 B: 14 Miles
#9	REST	R: 4 Miles	S: 1100	B: 16 Miles R: 3.5 Miles	S: 1100	R: 4 Miles	S: 1050 B: 16 Miles
#8	REST	R: 4.5 Miles	S: 1200	B: 18 Miles R: 4 Miles	S: 1200	R: 4.5 Miles	S: 1150 B: 18 Miles
#7	REST	R: 5 Miles	S: 1300	B: 14 Miles R: 4.5 Miles	S: 1300	R: 5 Miles	S: 1150 B: 15 Miles
#6	REST	R: 5.5 Miles	S: 1400	B: 18 Miles R: 5 Miles	S: 1400	R: 5.5 Miles	S: 1350 B: 18 Miles
#5	REST	R: 6 Miles	S: 1500	B: 20 Miles R: 5.5 Miles	S: 1500	R: 6 Miles	S: 1450 B: 20 Miles
#4	REST	R: 6.5 Miles	S: 1600	B: 24 Miles R: 6 Miles	S: 1600	Rest	S: 1450 B: 22 Miles Run 6
#3	REST	R: 5.5 Miles	S: 1500	B: 22 Miles 5.0 Miles	S: 1500	R: 5.5 Miles	S: 1650 B: 22 Miles
#2	REST	R: 4.5 Miles	S: 1400	B: 16 Miles R: 4.5 Miles	S: 1400	R: 4.5 Miles	S: 1250 B: 15 Miles
#1	REST	R: 4 Miles	S: 1000	B: 10 Miles R: 3 Miles	S: 1000	R: 2.5 Miles	Race Day!!!

Oh yes here's a disclaimer: Please consult a physician before attempting a crazy hard training program. John and Wendy Semmens are not responsible if you get hurt injured or die. She is not a professional trainer.

CourageToTriTeam.com



AverageTriGirls.com

12-Week Olympic Training

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday #12

REST

R: 2.75 miles

S: 800

B: 15 Miles R: 2.5 Miles

S: 800

R: 2.75

S: 750 miles

B: 15 Miles

#11

B: 11 Miles REST R: 3 Miles S: 900

R: 2.75 Miles

S: 850 B: 13 Miles

#10

REST R: 3.5 Miles S: 1000

CourageToTriTeam.

com AverageTriGirls.

com S: 900 R: 3 Miles

B: 14 Miles R: 3 Miles

S: 950 B: 14 Miles

#9

REST R: 4 Miles S: 1100

S: 1000 R: 3.5 Miles

B: 16 Miles R: 3.5 Miles

S: 1050 B: 16 Miles

#8

REST R: 4.5 Miles S: 1200

S: 1100 R: 4 Miles

B: 18 Miles R: 4 Miles

S: 1150 B: 18 Miles

#7

REST R: 5 Miles S: 1300

S: 1200 R: 4.5 Miles

B: 14 Miles R: 4.5 Miles

S: 1150 B: 15 Miles

#6

REST R: 5.5 Miles S: 1400

S: 1300 R: 5 Miles

B: 18 Miles R: 5 Miles

S: 1350 B: 18 Miles

#5

REST R: 6 Miles S: 1500

S: 1400 R: 5.5 Miles

B: 20 Miles R: 5.5 Miles

S: 1450 B: 20 Miles

#4

REST R: 6.5 Miles S: 1600

S: 1500 R: 6 Miles

S: 1450 B: 22 Miles Run 6

#3

REST R: 5.5 Miles S: 1500

B: 24 Miles R: 6 Miles

S: 1600 Rest

B: 22 Miles 5.0 Miles

S: 1650 B: 22 Miles

#2

REST R: 4.5 Miles S: 1400

S: 1500 R: 5.5 Miles

B: 16 Miles R: 4.5 Miles

S: 1250 B: 15 Miles

#1

REST R: 4 Miles S: 1000

S: 1400 R: 4.5 Miles

B: 10 Miles R: 3 Miles

S: 1000 R: 2.5 Miles

Race Day!!!