

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<i>Bike:</i> 6 miles	<i>Swim:</i> WU: 10 min 5 x 100, r. :60 Cool: 10 min	<i>Run:</i> WU: 10 min 2 x 800, r. 60 Cool: 10 min	<i>Swim:</i> WU: 10 min 2 x 150, r. :60 2 x 100, r. :45 Cool: 10 min	<i>Bike:</i> 6 miles	<i>Run:</i> WU: 10 min 1 mile Cool: 10 min	<i>REST</i>
Week 2	<i>Bike:</i> 6 miles	<i>Swim:</i> WU: 10 min 2 x 150, r. :60 3 x 100, r. :45 Cool: 10 min	<i>Run:</i> WU: 10 min 2 x 800, r. 60 1 x 400, r. :60 Cool: 10 min	<i>Swim:</i> WU: 10 min 2 x 200, r. :60 3 x 100, r. :45 Cool: 10 min	<i>Bike:</i> 7 miles	<i>Run:</i> WU: 10 min Timed 1 mile Cool: 10 min	<i>REST</i>
Week 3	<i>Bike:</i> 7 miles	<i>Swim:</i> WU: 10 min 6 x 100 r. :60 Cool: 10 min	<i>Run:</i> WU: 10 min 3 x 800, r. 60 Cool: 10 min	<i>Swim:</i> WU: 10 min 2 x (200 r 60 + 50 breaststroke, r. :30) 2 x 100, r. :45 Cool: 10 min	<i>Bike:</i> 8 miles	<i>Run:</i> WU: 10 min 2 x 1200, r. 90 Cool: 10 min	<i>REST</i>
Week 4	<i>Bike:</i> 9 miles	<i>Swim:</i> WU: 10 min 10 Minute timed swim Cool: 10 min	<i>Run:</i> WU: 10 min Timed 1 mile, rest 2 min 2 x 800, r :60 Cool: 10 min	<i>Swim:</i> WU: 10 min 300, rest 2 min 2 x 200, r. :60 2 x 100, r. :45 Cool: 10 min	<i>BRICK:</i> WU: 10 min 6 Mile bike Transition to 1.5 mile run Cool: 10 Min	<i>REST</i>	<i>REST</i>

Week 5	<i>Bike:</i> 10 miles	<i>Swim:</i> WU: 10 min 2 x (300 r 60 + 50 breaststroke, r. :30) 2 x 100, r. :45 Cool: 10 min	<i>Run:</i> WU: 10 min 2 x 1 Mile, r. 90 Cool: 10 min	<i>Swim:</i> WU: 10 min 8 x 100 r. :60 Cool: 10 min	<i>BRICK:</i> WU: 10 min 3 x (3 Mile bike Transition to 1 mile run) Cool: 10 Min	<i>REST</i>	<i>REST</i>
Week 6	<i>Bike:</i> 11 miles	<i>Swim:</i> WU: 10 min 2 x 400, rest 2 min Cool: 10 min	<i>Run:</i> WU: 10 min 6 x 800, r. :60 Cool: 10 min	<i>Bike:</i> 12.5 miles	<i>Swim:</i> WU: 10 min 9 x 100 r. :60 Cool: 10 min	<i>Run:</i> WU: 10 min 3 x 1 Mile, r. 60 Cool: 10 min	<i>REST</i>
Week 7	<i>Swim:</i> Open Water: 15 minute timed swim	<i>Bike:</i> 11 miles w/ telephone pole sprints	<i>Run:</i> WU: 10 min 3 miles Cool: 10 min	<i>Swim:</i> WU: 10 min 600, rest 3 min 2 x 200, r. :60 Cool: 10 min	<i>BRICK:</i> WU: 10 min 2 x (5 Mile bike Transition to 1.5 mile run) Cool: 10 Min	<i>REST</i>	<i>REST</i>
Week 8	<i>Swim:</i> Open Water: 20 minute timed swim Transition to bike practice	<i>Bike:</i> 9 miles	<i>Run:</i> WU: 10 min 2 x 1 Mile, r. 60 Cool: 10 min	<i>Swim:</i> WU: 10 min 500 min Cool: 10 min	<i>BRICK:</i> WU: 10 min 2 x (2 Mile bike Transition to ½ mile run) Cool: 10 Min	<i>REST</i>	RACE DAY!!!