

# TRAINING SCHEDULE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	RUN 15 MIN	BIKE 5 MILES	OFF	SWIM 200M	OFF	RUN 15 MIN	BIKE 5 MILES
2	SWIM 200M /RUN 15 MIN	BIKE 6 MILES	OFF	SWIM 200M	OFF	RUN 20 MIN	BIKE 8 MILES
3	SWIM 300M /RUN 20 MIN	BIKE 6 MILES	OFF	SWIM 300M	OFF	RUN 30 MIN	BIKE 10 MILES
4	SWIM 300M /RUN 20 MIN	BIKE 8 MILES	OFF	SWIM 300M /RUN 30 MIN	OFF	RUN 40 MIN	BIKE 12 MILES
5	RUN 20 MIN	SWIM 300M	OFF	BIKE 5 MILES /RUN 30 MIN	SWIM 400M	RUN 50 MIN	BIKE 15 MILES
6	RUN 30 MIN	SWIM 400M	OFF	BIKE 5 MILES /RUN 30 MIN	SWIM 400M	RUN 40 MIN	BIKE 15 MILES
7	RUN 30 MIN	SWIM 400M	OFF	BIKE 6 MILES /RUN 30 MIN	SWIM 500M	RUN 50 MIN	RUN 30 MIN
8	RUN 30 MIN	SWIM 500M	OFF	BIKE 6 MILES /RUN 30 MIN	SWIM 600M	RUN 45 MIN	SWIM 600M
9	SWIM 500M /RUN 20 MIN	BIKE 15 MILES	OFF	SWIM 500M /RUN 30 MIN	OFF	RUN 55 MIN	SWIM 500M /RUN 30 MIN
10	SWIM 600M /RUN 20 MIN	BIKE 20 MILES	OFF	SWIM 600M /RUN 45 MIN	OFF	RUN 65 MIN	SWIM 500M /RUN 30 MIN
<b>RACE WEEK</b>							
11	SWIM 500M /RUN 30 MIN	BIKE 15 MILES	OFF	OFF	SWIM 500M /RUN 20 MIN	<b>RACE DAY</b>	

**800M SWIM  
33KM CYCLE  
10KM RUN**

**THE BIG  
DAY...**