



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
SWIM	15 MINS/500 M			20 MINS/550 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			45 MINUTES	REST
RUN		20 MINS/3.5 KM			20 MINS/3.5 KM	10 MINUTES	
2							
SWIM	20 MINS/550 M			20 MINS/550 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			60 MINUTES	REST
RUN		20 MINS/4 KM	WITH 5 MINS Brick		20 MINS/4 KM	10 MINUTES	
3							
SWIM	20 MINS/550 M			20 MINS/550 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			60 MINUTES	REST
RUN		20 MINS/4 KM	WITH 10 MINS Brick		20 MINS/4 KM	10 MINUTES	
4							
SWIM	20 MINS/600 M			20 MINS/550 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			60 MINUTES	REST
RUN		30 MINS/5 KM	WITH 10 MINS Brick		30 MINS/5 KM	15 MINUTES	
5							
SWIM	20 MINS/600 M						
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE	REST		60 MINUTES	REST
RUN		35 MINS/5.5 KM	WITH 10 MINS Brick		35 MINS/5.5 KM	15 MINUTES	
6							
SWIM	25 MINS/650 M			20 MINS/650 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			60 MINUTES	REST
RUN		30 MINS/5 KM	WITH 15 MINS Brick		30 MINS/5 KM	22 MINUTES	



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7							
SWIM	25 MINS/700 M			20 MINS/650 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE			60 MINUTES	REST
RUN		25- 28 MINS/5 KM	15 MINS Brick		25 - 28 MINS/5 KM	20 MINUTES	
8							
SWIM	25 MINS/750 M			20 MINS/700 M			
BIKE			1 HR SPIN CLASS or 1 HR BIKE RIDE		REST	RACE DAY	
RUN		20 MINS/4 KM	10 MINS Brick				