Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
1	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes	Run Intensity: Easy Time: 60 Minutes
2	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes	Run Intensity: Easy Time: 60 Minutes
3	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 30 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 30 minutes	OFF	Bike Intensity: Easy Time: 90 minutes	Run Intensity: Easy Time: 60 Minutes
4	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 40 minutes	OFF	Bike Intensity: Easy Time: 110 minutes	Run Intensity: Easy Time: 60 Minutes
5	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity:	OFF	Bike Intensity: Moderate Time: 120 minutes	Run Intensity: Moderate Time: 60 Minutes

		Bike/Run					
		Brick					
		Intensity:					
		Moderate-			_		
6	Swim	High		Swim	OFF	Bike	Run
	Intensity:	Time:		Intensity:		Intensity:	Intensity:
	Moderate	45 minutes	Intensity: Moderate-			Moderate	Moderate
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:
	60 minutes	off the bike	40 minutes	45 minutes		150 minutes	65 Minutes
		Bike/Run					
		Brick					
		Intensity:					
		Moderate-					
7	Swim	High		Swim	OFF	Bike	Run
	Intensity:	Time:	Run	Intensity:		Intensity:	Intensity:
	Moderate	45 minutes	Intensity: Moderate	Moderate		Moderate	Moderate
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:
	60 minutes	off the bike	40 minutes	60 minutes		150 minutes	70 Minutes
		Bike/Run					
		Brick					
		Intensity:					
		Moderate-					
8	Swim	High		Swim	OFF	Bike	Run
	Intensity:	Time:	Run	Intensity:		Intensity:	Intensity:
	Moderate	45 minutes	Intensity: Moderate-	Moderate		Moderate	Moderate
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:
	75 minutes	off the bike	40 minutes	60 minutes		120 minutes	60 Minutes

9	Swim Intensity: Moderate Time: 45 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 80 Minutes
10	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 90 Minutes
11	Swim Intensity: Moderate Time: 75 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 75 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 150 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 60 Minutes
12	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 90 Minutes

						Bike/Run Brick	
		Bike				Intensity:	
	Swim	Intensity:		Swim		Moderate	Run
13	Intensity:	Moderate-	Run	Intensity:	OFF	Time:	Intensity:
	Moderate	High	Intensity: Moderate			180 minutes	Moderate
	Time:	Time:	High Time:	Time:		Run off the bike	Time:
	60 minutes	45 minutes	40 minutes	60 minutes		30 min MOD	100 Minutes
		Bike/Run					
		Brick					
		Intensity:					
		Moderate-					
14	Swim	High		Swim	OFF	Bike	Run
	Intensity:	Time:	Run	Intensity:		Intensity:	Intensity:
	Moderate	45 minutes	Intensity: Moderate			Moderate	Moderate
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:
	75 minutes	off the bike	40 minutes	75 minutes		150 minutes	110 Minutes
		Bike/Run					
		Brick					
		Intensity:					
		Moderate-					
15	Swim	High		Swim	OFF	Bike	Run
	Intensity:	Time:	Run	Intensity:		Intensity:	Intensity:
	Moderate	45 minutes	Intensity: Moderate			Moderate	Moderate
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:
	45 minutes	off the bike	40 minutes	45 minutes		210 minutes	120 Minutes
						Bike/Run Brick	
		Bike				Intensity:	
	Swim	Intensity:		Swim		Moderate	Run
16	Intensity:	Moderate-	Run	Intensity:	OFF	Time:	Intensity:
	Moderate	High	Intensity: Moderate			240 minutes	Moderate
	Time:	Time:	High Time:	Time:		Run off the bike	Time:
	60 minutes	45 minutes	40 minutes	60 minutes		30 min MOD	90 Minutes

						Bike/Run Brick		
		Bike				Intensity:	_	
	Swim	Intensity:		Swim		Moderate	Run	
17	Intensity:	Moderate-	Run	Intensity:	OFF	Time:	Intensity:	
	Moderate	High	Intensity: Moderate			210 minutes	Moderate	
	Time:	Time:	High Time:	Time:		Run off the bike	Time:	120
	75 minutes	45 minutes	40 minutes	45 minutes		30 min MOD	Minutes	
		Bike/Run						
		Brick						
		Intensity:						
		Moderate-			_			
18	Swim	High		Swim	OFF	Bike	Run	
	Intensity:	Time:	Run	Intensity:		Intensity:	Intensity:	
	Moderate	45 minutes	Intensity: Moderate	•		Moderate	Moderate	
	Time:	Run 20 mins	High Time:	Time:		Time:	Time:	150
	45 minutes	off the bike	40 minutes	75 minutes		180 minutes	Minutes	
						Bike/Run Brick		
		Bike				Intensity:		
	Swim	Intensity:		Swim		Moderate	Run	
19	Intensity:	Moderate-	Run	Intensity:	OFF	Time:	Intensity:	
	Moderate	High	Intensity: Moderate			120 minutes	Moderate	
	Time:	Time:	High Time:	Time:		Run off the bike	Time:	
	60 minutes	45 minutes	40 minutes	45 minutes		30 min MOD	75 Minutes	
						Bike /Run		
						Brick		
	Swim	Bike				Intensity:		
20	Intensity:	Intensity:	Run	Swim	OFF	Easy		
	Moderate	Moderate	Intensity: Moderate	· - ·		Time:		
	Time:	Time:	High Time:	Time:		30 minutes Bike		
	45 minutes	40 minutes	30 minutes	30 minutes		20 minutes Run	RACE DAY!	