	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest day	Run 20-30 min., strength train	Rest day	Bike 30-40 min.	Swim 30 min., strength train	Bike 30-40 min.	Run 20-30 min.
WEEK 2	Rest day	Swim 30 min., strength train	Rest day	Bike 30-40 min.	Run 20-30 min., strength train	Bike 30-40 min., swim 30	Run 20-30 min.
WEEK 3	Rest day	Swim 30-40 min., strength train	Rest day	Bike 30-40 min.	Swim 30-40 min., strength train	Bike 40-50 min.	Run 20-30 min.
WEEK 4	Rest day	Swim 30-40 min., run 20-30, strength train	Brick: bike 20-30 min. + run 10-20 min.	Bike 30-40 min.	Rest day	Bike 30-40 min., strength train	Run 20-30 min., swim 30-40
WEEK 5	Rest day	Swim 30-40 min., run 20-30, strength train	Brick: bike 20-30 min. + run 10-20 min.	Bike 30-40 min.	Rest day	Bike 50-60 min., strength train	Run 30-40 min., swim 30-40
WEEK 6	Rest day	Swim 30-40 min., run 30-40, strength train	Brick: bike 30-40 min. + run 20-30 min.	Swim 30-40 min., bike 30-40	Rest day	Bike 50-60 min., strength train	Run 30-40 min.
WEEK 7	Rest day	Swim 30-40 min., run 30-40, strength train	Brick: bike 40-50 min. + run 20-30 min.	Rest day	Swim 30-40 min., strength train	Bike 60-70 min.	Run 50-60 min., swim 30-40
WEEK 8	Rest day	Swim 30-40 min., run 30-40, strength train	Rest day	Swim 30-40 min., bike 40-50	Rest day	Race simulation! Swim, bike, and run race distance	Rest day
WEEK 9	Rest day	Swim 30-40 min., run 20-30, strength train	Brick: bike 50-60 min. + run 20 min.	Bike 50-60 min.	Run 20-30 min., strength train	Swim 30-40 min., bike 60	Run 40-50 min.
WEEK 10	Rest day	Swim 30-40 min., run 30-40, strength train	Brick: bike 50-60 min. + run 30 min.	Swim 30-40 min., bike 40-50	Run 20-30 min., strength train	Bike 60 min.	Run 40-50 min., swim 30-40
WEEK 11	Rest day	Swim 30-40 min., run 30-40, strength train	Brick: bike 40 min. + run 20 min.	Swim 30-40 min., bike 30-40	Rest day	Swim 30-40 min., bike 30-40	Run 20-30 min.
WEEK 12	Rest day	Swim 30-40 min., run 20, strength train	Brick optional: bike 30 min. + run 20 min.	Swim 30-40 min.	Rest day	Bike 10-15 min., run 10-15	Race day!