

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|--------|--|---|--|---|-------------------------|--|
| Week 1 Starts on 8 May | Rest | Bike 40 minutes moderate with 4 x 30-second sprints scattered. | Swim 800 yards total. Main set: 8 x 25 yards, rest interval (RI) = 20 seconds. Run 4 miles moderate + 2 x 10-second hill sprints. | Bike 40 minutes moderate. | Swim 800 yards total. Main set: 3 x 100 yards race pace, RI = 15 seconds. Run 4 miles moderate. | Bike 20 miles moderate. | Run 6 miles moderate. Swim 800 yards moderate. |
| Done? | | | | | | | |
| Week 2 Starts on 15 May | Rest | Bike 40 minutes moderate with 6 x 30-second sprints scattered. | Swim 850 yards total. Main set: 10 x 25 sprints, RI = 20 seconds. Run 4 miles moderate + 4 x 10-second hill sprints | Bike 40 minutes moderate + 5 minutes comfortably hard. | Swim 850 yards total. Main set: 4 x 100 yards race pace, RI = 15 seconds. Run 4 miles moderate. | Bike 25 miles moderate. | Run 7 miles moderate. Swim 1,000 yards moderate. |
| Done? | | | | | | | |

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| Week 3 Starts on 22 May | Rest | Bike 40 minutes with 8 x 30-second sprints scattered. | Swim 900 yards total. Main set: 12 x 25 sprints, RI = 20 seconds. Run 4 miles moderate + 6 x 10-second hill sprints. | Bike 40 minutes moderate + 8 minutes comfortably hard. | Swim 900 yards total. Main set: 3 x 200 yards race pace, RI = 15 seconds. Run 4.5 miles moderate. | Bike 30 miles moderate. | Run 8 miles moderate. Swim 1,200 yards moderate. |
| Done? | | | | | | | |
| Week 4 Starts on 29 May | Rest | Bike 40 minutes with 6 x 30-second sprints scattered. | Swim 800 yards total. Main set: 8 x 25 sprints, RI = 20 seconds. Run 4 miles moderate + 4 x 10-second hill sprints. | Bike 40 minutes moderate + 5 minutes comfortably hard. | Swim 800 yards total. Main set: 3 x 100 yards race pace, RI = 15 seconds. Run 4 miles moderate. | Bike 25 miles moderate. | Run 7 miles moderate. Swim 1,000 yards moderate. |
| Done? | | | | | | | |

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| Week 5 Starts on 5 Jun | Rest | Bike 45 minutes with 8 x 1-minute hard efforts scattered. | Swim 1,000 yards total. Main set: 6 x 50 sprints, RI = 20 seconds. Run 4.5 miles with 6 x 30-second hard efforts scattered. | Bike 40 minutes moderate + 8 minutes comfortably hard. | Swim 1,000 yards total. Main set: 2 x 200 yards race pace, RI = 30 seconds. Run 4.5 miles moderate + 4 x 10-sec. hill sprints. | Bike 35 miles moderate + 10-minute transition run at moderate pace. | Run 9 miles moderate. Swim 1,400 yards moderate. |
| Done? | | | | | | | |
| Week 6 Starts on 12 Jun | Rest | Bike 45 minutes with 6 x 2-minute hard efforts scattered. | Swim 1,100 yards total. Main set: 8 x 50 sprints, RI = 20 seconds. Run 4.5 miles with 6 x 45-second hard efforts scattered. | Bike 40 minutes moderate + 10 minutes comfortably hard. | Swim 1,100 yards total. Main set: 3 x 200 yards race pace, RI = 30 seconds. Run 4.5 miles moderate + 4 x 10-second hill sprints. | Bike 40 miles moderate. | Run 10 miles moderate. Swim 1,600 yards total. Main set: 1,000 yard time trial. |
| Done? | | | | | | | |

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| Week 7 Starts on 19 Jun | Rest | Bike 45 minutes with 4 x 3-minute hard efforts scattered. | Swim 1,200 yards total. Main set: 10 x 50 sprints, RI = 20 seconds. Run 4.5 miles with 6 x 1-minute hard efforts scattered. | Bike 40 minutes moderate + 12 minutes comfortably hard. | Swim 1,200 yards total. Main set: 3 x 200 yards race pace, RI = 20 seconds. Run 5 miles moderate + 4 x 10-second hill sprints. | Bike 45 miles moderate + 15-minute transition run at moderate pace. | Run 11 miles moderate. Swim 1,800 yards moderate. |
| Done? | | | | | | | |
| Week 8 Starts on 26 Jun | Rest | Bike 40 minutes with 6 x 1-minute hard efforts scattered. | Swim 1,000 yards total. Main set: 8 x 50 sprints, RI = 20 seconds. Run 4.5 miles with 6 x 30-second hard efforts scattered. | Bike 40 minutes moderate + 8 minutes comfortably hard. | Swim 1,000 yards total. Main set: 2 x 200 yards race pace, RI = 20 seconds. Run 4 miles moderate. | Bike 35 miles moderate. | Run 9 miles moderate. Swim 1,400 yards moderate. |
| Done? | | | | | | | |

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| Week 9 Starts on 3 Jul | Rest | Bike 50 minutes with 6 x 2-minute hard efforts scattered. | Swim 1,300 yards total. Main set: 6 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 8 x 600m at 5K race pace with 400m jog recoveries, 1 mile easy. | Bike 40 minutes moderate + 15 minutes comfortably hard. | Swim 1,300 yards total. Main set: 2 x 300 yards race pace, RI = 30 seconds. Run 5 miles moderate + 4 x 10-second hill sprints. | Bike 50 miles moderate + 20-minute transition run at moderate pace. | Run 12 miles moderate. Swim 2,000 yards moderate. |
| Done? | | | | | | | |
| Week 10 Starts on 10 Jul | Rest | Bike 50 minutes with 5 x 3-minute hard efforts scattered. | Swim 1,400 yards total. Main set: 8 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 6 x 800m at 5K race pace with 400m jog recoveries, 1 mile easy. | Bike 40 minutes moderate + 18 minutes comfortably hard. | Swim 1,400 yards total. Main set: 2 x 300 yards race pace, RI = 20 seconds. Run 5.5 miles moderate + 4 x 10-second hill sprints. | Bike 55 miles moderate. | Run 13 miles moderate. Swim 2,000 yards total. Main set: 1,500 time trial. |
| Done? | | | | | | | |

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| Week 11 Starts on 17 Jul | Rest | Bike 55 minutes with 4 x 4-minute hard efforts scattered. | Swim 1,500 yards total. Main set: 10 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 5 x 1,000m at 5K race pace with 400m jog recoveries, 1 mile easy. | Bike 40 minutes moderate + 20 minutes comfortably hard. | Swim 1,500 yards total. Main set: 3 x 300 yards race pace, RI = 30 seconds. Run 6 miles moderate + 4 x 10-second hill sprints. | Bike 60 miles moderate + 10-minute transition run at race pace. | Run 14 miles moderate. Swim 2,200 yards moderate. |
| Done? | | | | | | | |
| Week 12 Starts on 24 Jul | Rest | Bike 45 minutes with 5 x 2-minute hard efforts scattered. | Swim 1,300 yards total. Main set: 6 x 75 sprints, RI = 20 seconds. Run 2 miles easy, 1 miles at 10K race pace, 2 miles easy. | Bike 40 minutes moderate + 10 minutes comfortably hard. | Swim 1,300 yards total. Main set: 2 x 300 yards race pace, RI = 30 seconds. Run 5 miles moderate. | Bike 45 miles moderate. | Run 10 miles moderate. Swim 2,000 yards moderate. |
| Done? | | | | | | | |

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| Week 13 Starts on 31 Jul | Rest | Bike 20 minutes easy, 20 minutes comfortably hard, 20 minutes easy. | Swim 1,600 yards total. Main set: 6 x 100 sprints, RI = 20 seconds. Run 2 miles easy, 2 miles at 10K race pace, 2 miles easy. | Bike 45 minutes with 5 x 2-minute hard efforts scattered. | Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 30 seconds. Run 6 miles moderate + 4 x 10-second hill sprints. | Bike 50 miles moderate + 10 miles race pace + 15-minute transition run at race pace. | Run 10 miles moderate + 2 miles race pace. Swim 2,200 yards total. Main set: 500 yards race pace. |
| Done? | | | | | | | |
| Week 14 Starts on 7 Aug | Rest | Bike 20 minutes easy, 25 minutes comfortably hard, 15 minutes easy. | Swim 1,800 yards total. Main set: 8 x 100 sprints, RI = 20 seconds. Run 2 miles easy, 3 miles at 10K race pace, 2 miles easy. | Bike 45 minutes with 4 x 3-minute hard efforts scattered. | Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 20 seconds. Run 6 miles moderate + 4 x 10-second hill sprints. | Bike 45 miles moderate + 15 miles race pace + 20-minute transition run at race pace. | Run 12 miles moderate + 2 miles race pace. Swim 2,400 yards total. Main set: 600 yards race pace. |
| Done? | | | | | | | |

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| Week 15 Starts on 14 Aug | Rest | Bike 15 minutes easy, 30 minutes comfortably hard, 15 minutes easy. | Swim 2,000 yards total. Main set: 10 x 100 sprints, RI = 20 seconds. Run 2 miles easy, 3 miles at 10K race pace, 2 miles easy. | Bike 45 minutes with 8 x 1-minute hard efforts scattered. | Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 30 seconds. Run 4.5 miles moderate + 4 x 10-second hill sprints. | Bike 40 miles moderate + 10 miles race pace + 10-minute transition run at race pace. | Run 12 miles moderate + 2 miles race pace (beat last week's time). Swim 2,400 yards total. Main set: 600 yards race pace (beat last week's time). |
| Done? | | | | | | | |
| Week 16 Starts on 21 Aug | Rest | Bike 10 minutes easy, 10 minutes comfortably hard, 10 minutes easy. | Swim 1,300 yards total. Main set: 5 x 100 sprints, RI = 20 seconds. Run 2 miles easy, 1 mile at 10K race pace, 2 miles easy. | Bike 45 minutes with 5 x 30-second sprints scattered. | Swim 800 yards total. Main set: 400 yards race pace. Run 3 miles easy. | Swim 10 minutes easy with 4 x 30 seconds at race pace. Bike 10 minutes with 4 x 30 seconds fast. Run 10 minutes with 4 x 20 seconds at 90 percent effort. | RACE! |
| Done? | | | | | | | |