Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Starting	, , ,	,	,	,	,	,	,	
Date								
Base				ing sure you have all the nec				
PHASE				tyle, preparing the body for r				to focus on
	3			the season as the focus turn				
,	-		SP Swim 25 mins, 200 warmup		Rest	Walden - 20 min swim,	20 mins Easy	
	'	moderate, Run 10 mins off the		comfortably hard OL Bike 45		65 min bike, 30 min run	, .	
	75 yards OL Swim 35 mins:	bike OL Bike 55 min	·	min moderate, 10 comfortably			bike, stretch/foam roll	
	4x100 yards moderate	moderate, Run 15 mins off the bike	set: 5x75 yds moderate pace.	hard SP/OL Workout 1			TOII	
	SP/OL Workout 1	DIKE	SP Run 25 mins moderate OL					
	31/OL WORKOOTT		Run 35 mins moderate					
Week 6	55	70	65	65		115	20	390.00
Base								
23-May	SP Swim 30 mins, 200	Brick: SP Bike 45 min	SP Swim 25 mins, 200 warmup	SP Bike 35 min moderate, 10	Rest	Walden Pond - 20 min	20 mins Easy	0.00
	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 10 x 25 yds	comfortably hard OL Bike 45		swim, 75 min bike, 30	Recovery swim or	
	•	sprints. Run 15 mins off the bike		min moderate, 10 comfortably		min run	bike, stretch/foam	
	· · ·		mins: 200 warmup drills, Main	hard SP/OL Workout 1			roll	
		30-second sprints. Run 20 mins						
	SP/OL Workout 1	off the bike	SP Run 30 mins moderate OL Run 40 mins moderate					
Wools 7	40	75	65	65		125	20	410.00
Week 7 Base	60	/3	63	65		125	20	410.00
	SP Swim 30 mins, 200	Brick: SP Bike 55 min	SP Swim 30 mins, 200 warmup	SP Bike 40 min moderate, 10	Rest	Walden Pond - 20 min	20 mins Easy	
,	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 10 x 25 yds	comfortably hard OL Bike 50		swim, 85 min bike, 30	Recovery swim or	
	5x75 yards OL Swim 40 mins:	sprints. Run 15 mins off the bike	moderate pace. OL Swim 40	min moderate, 10 comfortably		min run	bike, stretch/foam	
		OL Bike 65 min moderate, 4 x	mins: 200 warmup drills, Main	hard \$P/OL Workout 1			roll	
		30-second sprints. Run 20 mins						
	SP/OL Workout 1	off the bike	pace. SP Run 30 mins					
			moderate OL Run 40 mins					
Week 8	60	85	moderate 80	70		135	20	450.00
Base	60	83	80	70		133	20	430.00
RECOVERY	Every 3-4 weeks we have	e a recovery week in the sch	nedule, which has lower volu	me and intensity. In training v	ve load and	d stress the body. In or	der for the body to	o get stronger
WEEK	•	•		low adequate recovery, you		•		0
6-Jun				SP Bike 35 min moderate, OL		Coach Vic's - Workout		
		moderate, 4 x 30-second	drills, Main set: 10 x 25 yds	Bike 45 min moderate,		& Brunch		
		sprints. Run 15 mins off the bike						
			mins: 200 warmup drills, Main					
		30-second sprints. Run 20 mins						
		off the bike	SP Run 30 mins moderate OL Run 40 mins moderate					
			Rui 40 Mins moderate					
Week 9	0	75	80	45		125		325.00
Recovery								

13-Jun	SP Swim 35 mins, 200	Brick: SP Bike 55 min	SP Swim 30 mins, 200 warmup	SP Bike 40 min moderate, 10	Rest	Walden Pond - 20 min	20 mins Easy	
	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 8x50 yds	comfortably hard OL Bike 50	17.021	swim, 105 min bike, 30	Recovery swim or	
			,	,		min run	,	
	*	sprints. Run 15 mins off the bike	•	min moderate, 15 comfortably		min run	bike, stretch/foam	
	· · · · · · · · · · · · · · · · · · ·	OL Bike 65 min moderate, 4 x	mins: 200 warmup drills, Main	hard SP/OL Workout 1			roll AGAINST THE	
	,	30-second sprints. Run 20 mins	,				TIDE	
	SP/OL Workout 1	off the bike	pace. SP Run 40 mins				SWIM/AQUATHON	
			moderate OL Run 50 mins					
			moderate					
Week 10	65	85	90	70	0	155	20	485.00
Base								
	SP Swim 35 mins, 200	Brick: SP Bike 65 min	SP Swim 40 mins, 200 warmup	SP Bike 50 min moderate, 10	Rest	Walden Pond - 20 min	20 mins Easy	
	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 8x50 yds	comfortably hard OL Bike 60	ICC31	swim, 115 min bike, 30	Recovery swim or	
	·	sprints. Run 15 mins off the bike	,	•		min run	bike, stretch/foam	
	•	· ·	·	min moderate, 15 comfortably		min ron		
		OL Bike 75 min moderate, 4 x	mins: 200 warmup drills, Main	hard SP/OL Workout 1			roll	
	5x100 yards moderate	30-second sprints. Run 20 mins						
	SP/OL Workout 1	off the bike	pace. SP Run 40 mins					
			moderate OL Run 50 mins					
Week 11	65	95	100	80	0	165	20	525.00
Base								
	SP Swim 40 mins, 200	Brick: SP Bike 65 min	SP Swim 30 mins, 200 warmup	SP Bike 50 min moderate, 10	Rest	Walden Pond - 30 min	20 mins Easy	
	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 8x50 yds	comfortably hard OL Bike 60		swim, 125 min bike	Recovery swim or	
		sprints. Run 15 mins off the bike	,	min moderate, 15 comfortably		, 120 2	bike, stretch/foam	
	,	OL Bike 75 min moderate, 4 x	mins: 200 warmup drills, Main	hard SP/OL Workout 1			roll	
	'	· ·	' '	nara 31/OL Workoor I			1011	
	,	30-second sprints. Run 20 mins	· · · · · · · · · · · · · · · · · · ·					
	SP/OL Workout 1	off the bike	pace. SP Run50 mins					
			moderate OL Run 60 mins					
			moderate		_			
Week 12	75	95	100	80	0	155	20	525.00
Base								
4-Jul	SP Swim 40 mins, 200	Brick: SP Bike 65 min			Rest	Walden Pond - 30 min	20 mins Easy	
	warmup drills, Main set:	moderate, 4 x 30-second	drills, Main set: 8x50 yds	comfortably hard OL Bike 70		swim, 145 min bike, 20	Recovery swim or	
	5x75 yards OL Swim 55 mins:	sprints. Run 15 mins off the bike	moderate pace. OL Swim 40	min moderate, 15 comfortably		mins race pace	bike, stretch/foam	
	200 warmup drills, Main set:	OL Bike 75 min moderate, 4 x	mins: 200 warmup drills, Main	hard SP/OL Workout 1			roll	
	5x100 yards moderate	30-second sprints. Run 20 mins	set: 2x200 vds moderate	·				
	SP/OL Workout 1	off the bike	pace. SP Run50 mins					
	or, or manager.		moderate OL Run 60 mins					
			moderate					
Week 13	75	95	100	90	0	175	20	555.00
Base	, 3	,3	100	, · ·	J	1/3	20	555.00
Taper	In the	Tapar Phase, we out back	to let our bedies rest and rest	ore itself. Our volume is lower	r our intens	twichigh and our dur	ation is short	
luper	in the	e lupei rhase, we cut back t	io lei our bodies resi and resi	ore fisell. Our volume is lower	i, our intens	iry is riigri, aria our aur	ulion is short.	
11-Jul	Rest	Brick: SP Bike 35 min	SP Swim 30 mins 200 warmun	SP Bike 35 min moderate, OL	Post	Racing Athletes Bike or	MA STATE OLVMBIC	
11-301			The state of the s	Bike 45 min moderate.	ICO31	_	TRIATHLON	
		moderate, 4 x 30-second	drills, Main set: 10 x 25 yds	bike 45 min moderate,		Swim Easy 20 mins	IKIAITLON	
		sprints. Run 15 mins off the bike	·					
			200 warmup drills, Main set:					
		30-second sprints. Run 20 mins	,					
		off the bike	20 mins moderate OL Run 30					
			mins moderate					
								-

Week 13 Moderate Taper	0	65	70	45		20		200.00
18-Jul		Brick: SP Bike 65 min moderate, 4 x 30-second sprints. Run 15 mins off the bike OL Bike 75 min moderate, 4 x 30-second sprints. Run 20 mins off the bike	mins: 200 warmup drills, Main	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - 30 min swim, 155 min bike, 20 mins race pace	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 14 Base	0	95	100	90	0	185	20	490.00
RECOVERY WEEK				me and intensity. In training v				
25-Jul	SP Swim 30 mins, 200 warmup drills, Main set: 6x100 yards OL Swim 40 mins: 200 warmup drills, Main set: 8 x 100 yards moderate	Rest	SP Swim 30 mins, 200 warmup drills, Main set: 10 x 50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 4x200 yds moderate pace. SP Run 30 mins moderate OL Run 40 mins	ow adequate recovery, you SP Bike 40 min moderate, 15 comfortably hard OL Bike 50 min moderate, 20 comfortably hard	Rest	Racing Athletes Swim 25 mins	BOSTON OLYMPIC TRIATHLON	gecline.
Week 15 Recovery	40		moderate 80	50	0	145		315.00
1-Aug		moderate,5 x 60-second sprints. Run 15 mins off the bike OL Bike 75 min moderate,	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Swim 40 mins, Bike 160 mins moderate- 20 race pace. Run 15 mins	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 16 Build	0	95	100	90		215	20	520.00
8-Aug	warmup drills, Main set: 5x75 yards OL Swim 55 mins: 200 warmup drills, Main set: 5x100 yards moderate	moderate,5 x 60-second sprints. Run 15 mins off the bike OL Bike 75 min moderate,	SP Swim 30 mins, 200 warmup drills, Main set: 8x50 yds moderate pace. OL Swim 40 mins: 200 warmup drills, Main set: 2x200 yds moderate pace. SP Run50 mins moderate OL Run 60 mins moderate	SP Bike 60 min moderate, 10 comfortably hard OL Bike 70 min moderate, 15 comfortably hard SP/OL Workout 1	Rest	Walden Pond - Swim 30 mins, Bike 170 mins moderate- 30 mins race pace, Run 15 mins	20 mins Easy Recovery swim or bike, stretch/foam roll	
Week 17 Build	75	95	100	90		215	20	595.00

15-Aug			· ·	· ·	Rest	Walden Pond - Swim 30	20 mins Easy	
			drills, Main set: 8x50 yds	comfortably hard OL Bike 70		mins, Bike 180 mins	Recovery swim or	
	5x75 yards OL Swim 55 mins:		•	min moderate, 15 comfortably		moderate- 30 mins	bike, stretch/foam	
		bike OL Bike 75 min moderate,		hard SP/OL Workout 1		race pace, Run 15	roll	
	5x100 yards moderate SP/OL Workout 1	10 x 60-second sprints. Run 20 mins off the bike	set: 2x200 yds moderate pace. SP Run50 mins			mins		
	SP/OL WORKOUT	mins on the bike	moderate OL Run 60 mins					
			moderate					
Week 18	75	95	100	90		225	20	530.00
Build	, 0	, 0	.00	, ,		223	20	000.00
RECOVERY	Every 3-4 weeks we have	e a recovery week in the sch	nedule, which has lower volu	me and intensity. In training v	ve load and	d stress the body. In or	der for the body to	get stronger
WEEK				low adequate recovery, you		The state of the s		-
22-Aug	SP Swim 20 mins, 200	Rest	SP Run 30 mins moderate, 6 x	SP Bike 40 min moderate OL	Rest	Swim 20 mins easy, 15		
	warmup drills, Main set: 10 x			Bike 50 min moderate		min run easy		
	50 yards sprint OL Swim 30		mins moderate, 6 x 30 sec					
	mins: 200 warmup drills,		hard effort					
	Main set: 10 x 50 yards sprint							
Week 19	30	75	40	70				185.00
Recovery	30	/3	40	70				165.00
Recovery								
_	· ·		· ·	· ·	Rest	Walden Pond - Swim 30	,	
	warmup drills, Main set:	*	drills, Main set: 8x50 yds	comfortably hard OL Bike 70		mins, Bike 180 mins	Recovery swim or	
	5x75 yards OL Swim 55 mins:			min moderate, 15 comfortably		moderate- 30 mins	bike, stretch/foam	
				hard SP/OL Workout 1		race pace, Run 15	roll	
	5x100 yards moderate	10 x 60-second sprints. Run 20	set: 2x200 yds moderate			mins		
	SP/OL Workout 1	mins off the bike	pace. SP Run50 mins					
			moderate OL Run 60 mins moderate					
Wekk 20	75	95	100	90		225	20	530.00
			Brick: SP Bike 40 min	Rest	20 minute	PUMPKINMAN SPRINT	PUMPKINMAN 70.3	000.00
	warmup drills, Main set:		moderate,5 x 60-second		easy swim			
	5x75 yards OL Swim 55 mins:		sprints. Run 15 mins off the		or bike			
	200 warmup drills, Main set:		bike OL Bike 50 min moderate,					
	5x100 yards moderate		10 x 60-second sprints. Run 20					
			mins off the bike					
Week 21	55		70	0	20			
Taper								