

WEEK	 Mon	 Tues	 Wed	 Thurs	REST Fri	 Sat	 Sun
1	Swim 1000yds (400yds Drills)	Bike 10 miles	Swim 1000yds (400 yds Drills)	Run 2 miles (75% Effort)	Recovery Day	Swim 1000yds Bike 10 miles	Run 4mi Easy
2	Swim 1200yds (400yds Drills)	Bike 12 miles	Swim 1200yds (400 yds Drills)	Run 3 miles (75% Effort)	Recovery Day	Swim 1000yds Bike 12 miles	Run 4mi Easy
3	Swim 1500yds (400yds Drills)	Bike 15 miles Run 10 min	Swim 1500yds (400 yds Drills)	Run 4 miles (75% Effort)	Recovery Day	Swim 1000yds Bike 15 miles	Run 6mi Easy
4	Swim 1800yds (400yds Drills)	Bike 18 miles Run 15 min	Swim 1800yds (400 yds Drills)	Run 4 miles (75% Effort)	Recovery Day	Swim 1000yds Bike 18 miles	Run 6mi Easy
5	Swim 2000yds (400yds Drills)	Bike 18 miles Run 20 min	Swim 2000yds (400 yds Drills)	Run 4 miles (75% Effort)	Recovery Day	Swim 1000yds Bike 20 miles	Run 7mi Easy
6	Swim 1000yds (400yds Drills)	Bike 12 miles	Swim 1000yds (400 yds Drills)	Easy Warm Up, Run 10x60 sec at Race Pace, Cool Down.	Recovery Day	Swim 1000yds Bike 10 miles	RACE DAY

Triathlon Training Guide

USA Triathlon

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the USA Triathlon text.

Triathlon Training Guide:

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