

<i>Week</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
1	Swim 10-16x25m, rest 20 seconds	Bike 30 minutes	Run 20 minutes	Rest	Swim 12-18x25 m, rest 20 seconds	Bike 35 minutes	Rest
2	Run 25 minutes	Swim 12-18x25 m, 15 rest 15 seconds	Bike 40 minutes	Rest	Run 30 minutes	Swim 4x50m, rest 20 sec. 8-10x25m, rest 15 sec	Rest
3	Bike 35 minutes	Run 35 minutes	Swim 8-10x50m, rest 15 seconds	Rest	Bike 45 minutes	Run 40 minutes	Rest
4	Swim 8-10x50m, rest 15 seconds	Bike 35 minutes	Run 25 minutes	Rest	Swim 1x75m, rest 20 sec 4x50 m, rest 15 sec 10x25m, rest 10 sec	Bike: 30 minutes Run: 10 minutes	Rest
5	Run 35 minutes	Swim: 6x75m. rest 15 sec Bike: 30 minutes	Bike 45 minutes	Rest	Swim 8-10x75m, rest 15 seconds	Bike: 35 minutes Run: 20 minutes	Rest
6	Run 35 minutes	Swim: 8x75m, rest 15 sec Bike: 30 minutes	Bike 50 minutes	Rest	Swim 3x100m, rest 15 sec 6x50 m, rest 10 sec	Bike: 40 minutes Run: 25 minutes	Rest
7	Run 40 minutes	Swim: 4x100, rest 15 sec Bike: 30 minutes	Bike 55 minutes	Rest	Swim 4x150m, rest 20 seconds 4x50m, rest 10 seconds	Bike: 40 minutes Run: 30 minutes	Rest
8	Run 25 minutes	Swim: 5x100, rest 15 sec Bike: 30 minutes	Bike 45 minutes	Rest	Swim 4x200m, rest 20 seconds	Bike: 35 minutes Run: 25 minutes	Rest
9	Run 40 minutes	Swim: 4x200m, rest 15 sec Bike: 35 minutes	Bike 55 minutes	Rest	Swim 1x300m, rest 20 sec 2x200m, rest 15 sec 3x100m rest 15 sec	Bike: 45 minutes Run: 30 minutes	Rest
10	Run 45 minutes	Swim: 2x300, rest 20 sec Bike: 40 minutes	Bike 60 minutes	Rest	Swim 1x400m, rest 60 sec 2x200m, rest 20 sec 3x100m, rest 15 sec	Swim: 1x400m Bike: 40 minutes Run: 30 minutes	Rest
11	Run 45 minutes	Swim: 2x400m, rest 60 sec Bike: 30 minutes	Bike 50 minutes	Rest	Swim 1x500m, rest 60 sec 4x200m, rest 15 sec.	Bike: 30 minutes Run: 20 minutes	Rest
12	Run 20 minutes (easy)	Bike 30 minutes (easy)	Swim 400m-500m (easy)	Rest	Rest	MomsTRI!!!	Rest