



# TRIATHLON TRAINING PLAN

Day / Week	Monday - Strength	Tuesday - Bike	Wednesday - Run	Thursday - Rest	Friday - Swim	Saturday - Combo Training	Sunday - Rest
WEEK 1	Strength Training	Bike 30 mins	Run 30 mins	Rest	Swim 30 mins	Rest	Rest
WEEK 2	Strength Training	Bike 40 mins	Run 40 mins	Rest	Swim 40 mins	Rest	Rest
WEEK 3	Strength Training	Bike 45 mins	Run 45 mins	Rest	Swim 45 mins	Rest	Rest
WEEK 4	Strength Training	Bike 30 mins	Run 30 mins	Rest	Swim 30 mins	Bike 30 mins Run 15 mins	Rest
WEEK 5	Strength Training	Bike 40 mins	Run 40 mins	Rest	Swim 40 mins	Swim 30 mins Run 15 mins	Rest
WEEK 6	Strength Training	Bike 45 mins	Run 45 mins	Rest	Swim 45 mins	Bike 40 mins Run 10 mins	Rest
WEEK 7	Strength Training	Bike 40 mins	Run 40 mins	Rest	Swim 40 mins	Swim 40 mins Run 10 mins	Rest
WEEK 8	Strength Training	Bike 35 mins	Run 35 mins	Rest	Swim 35 mins	Bike 40 mins Run 15 mins	Rest
WEEK 9	Strength Training	Bike 40 mins	Run 40 mins	Rest	Swim 40 mins	Swim 40 mins Run 15 mins	Rest
WEEK 10	Strength Training	Bike 45 mins	Run 45 mins	Rest	Swim 45 mins	Bike 30 mins Run 30 mins	Rest
WEEK 11	Strength Training	Bike 40 mins	Run 40 mins	Rest	Swim 40 mins	Swim 30 mins Run 30 mins	Rest
WEEK 12	Rest	Bike 30 mins	Run 30 mins	Rest	Swim 30 mins	Rest	<b>Triathlon!</b>