

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
May 29 – June 4	OFF	Run: 15 min	Bike: 5 miles	Swim: 200 yards	OFF	Run: 15 min	Bike: 5 miles
June 5 – June 11	OFF	S: 200 yds R: 15 min	Bike: 6 miles	Swim: 200 yards	OFF	Run: 20 min	Bike: 8 miles
June 12 – June 18	OFF	S: 200 yds R: 20 min	Bike: 6 miles	S: 300 yds W: 30min	OFF	Run: 30 min	Bike: 10 miles
June 19 – June 25	OFF	S: 300 yds R: 20 min	Bike: 8 miles	S: 300 yds W: 30 min	OFF	Run: 40 min	Bike: 10 miles
June 26 – July 2	OFF	Run: 20 min	Swim: 300 yards	BRICK	Swim: 400 yards	Run: 40 min	Bike: 12 miles
July 3 – July 9	OFF	Run: 30 min	Swim: 400 yards	BRICK	Swim: 400 yards	Run: 40 min	Bike: 15 miles
July 10 – July 16	OFF	Run: 30 min	Swim: 400 yards	BRICK	Swim: 500 yards	Run: 40 min	B: 15M W: 30 min
July 17 – July 23	OFF	Run: 30 min	Swim: 500 yards	BRICK	Swim: 500 yards	Run: 50 min	B: 20M W: 30 min
July 24 – July 30	OFF	S: 500 yds R: 30 min	Bike: 15 miles	S: 600 yds W: 45 min	OFF	Run: 50 min	B: 20M W: 30 min
July 31 – August 6	OFF	S: 600 yds R: 30 min	Bike: 15 miles	S: 600 yds W: 45 min	OFF	Run: 60 min	B: 20M W: 30 min

**Race Week**

August 7 – August 13	OFF	S: 500 yds R: 30 min	Bike: 15 miles	OFF	S: 200 yds R: 15 min	Race Day	
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Key: S – Swim, R – Run, B – Bike, W – Walk