

LET'S GO DO A TRIATHLON!

DAY	SWIM	BIKE	RUN	ACTUAL
REST WEEK ONE				
2	6 laps		3 miles	
3		10 miles		
4	10 laps		3 miles	
5		8 miles		
6			4 miles	
7		10 miles		

REST WEEK TWO				
2	10 laps		3.5 miles	
3		10 miles		
4	10 laps		3 miles	
5		10 miles		
6			5 miles	
7		12 miles		

REST WEEK THREE				
2	6 laps		3 miles	
3		8 miles		
4	6 laps		3 miles	
5		8 miles		
6			3 miles	
7		10 miles		

REST WEEK FOUR				
2	10 laps		4 miles	
3		10 miles		
4	15 laps		3 miles	
5		10 miles		
6			5 miles	
7		15 miles		

REST WEEK FIVE				
2	15 laps		4 miles	
3		15 miles		
4	15 laps		3 miles	
5		10 miles		
6			6 miles	
7		15 miles		

DAY	SWIM	BIKE	RUN	ACTUAL
REST WEEK SIX				
2	15 laps		4 miles	
3		15 miles		
4	20 laps		3.5 miles	
5		10 miles		
6			6 miles	
7		20 miles		

REST WEEK SEVEN				
2	10 laps		3 miles	
3		10 miles		
4	10 laps		3 miles	
5		10 miles		
6	20 laps		5 miles	
7		15 miles		

REST WEEK EIGHT				
2	20 laps		4 miles	
3		15 miles		
4	25 laps		4 miles	
5		15 miles		
6	20 laps		6 miles	
7		25 miles		

REST WEEK NINE				
2	25 laps		5 miles	
3		20 miles		
4	30 laps		4 miles	
5		15 miles		
6	20 laps		7 miles	
7		30 miles		

REST WEEK TEN				
2	30 laps		6 miles	
3		30 miles		
4	20 laps		3 miles	
5				
6				

RACE!	1500 m	25 miles	6.2 miles	
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* One lap = 50 meters = there + back, usually