

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 2 x 100 f/c L1 (R60) Main Set : 4 x 100 f/c L2 (R 40) 200 p 4x 25 f/c L3 (R30) Cool Down : 50 o/c L1 TOTAL: 950m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12 miles flat ride L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 10 min L 2 10 min L1 repeat x 2 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 o/c L1(R40) 4 x 25 k L2 (R30) Main Set : 2 x 200 L3 (R40) 4 x 50 p L2 (R40) 6 x 25 L3 R30) Cool Down : 100 o/c L1 TOTAL: 1150m	Warm Up : 10 min spin L1 Main Set : 15 miles flat ride L2 Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Warm Up : 200 f/c L1 Main Set : 3 x 75 L3 (R30) 100p L2 (R30) repeat x 2 Cool Down : 200 f/c L1 TOTAL: 1175m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 30 min Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 18 miles undulating ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 15 min L1 - 10 min L2 Build speed note levels Cool Down : 5 min jog L1 and static stretching		Warm Up : 4 x 50 o/c L1(R20) 4 x 25 k L2 - L3 (R30) Main Set : 6 x 100 f/c L2 - L3 (R30) 6 x 50 p L2 - L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1250m	Warm Up : 10 min spin L1 Main Set : 20 miles hilly ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Swim	Bike
	Warm Up : 200 f/c L1 (R60) 6 x 25 build L2 - L3 (R30) Main Set : Drills 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up - single arm L/H Single arm R/H L2- L3 (R20) repeat x 2 2 x 50 p L3 (R20) Cool Down : 100 p L1 TOTAL: 1150m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 10 min L2 - L3 5 min jog L1 repeat x 2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles undulating ride L2 - L3 Cool Down : 10 min spin L1 Run 15 min L2 and 5 min static stretching	Warm Up : 5min jog L1 dynamic stretching Main Set : 50 min L2 relaxed running country and road Cool Down : 5 min jog L1 and static stretching		Warm Up : 100 f/c L1 (R30) 6 x 25 k L2 - L3 (R30) Main Set : 4x 200 L3 (R60) 4 x 100 p L3 (R30) Cool Down : 100 o/c L1 TOTAL: 1550m	Warm Up : 10 min spin L1 Main Set : 20 miles hilly ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Swim	Bike
	Warm Up : 2 x 150 f/c L1 - L2 (R60) 4 x 50p L2 (R60) Main Set : 400m L2 every 4th length L4 (R120) 200m as 25 drill -25 f/c L3 drill catch up 200 p L2 Cool Down : 100 o/c L2 TOTAL: 1650m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min run L3 3 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : Bike 10 min spin L1 Main Set : 15 miles tempo ride L3 Cool Down : 10 min spin L1 Run 15 min L2 - L3 Cool Down : 5 min jog L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L3 jog back recovery L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 200 f/c L2(R20) 4 x 25k L2 (R30) Main Set : pull + bilateral breathing 50 m breathing every 3, 5, 7, 5, 3 strokes L3 (R30) 4 x 100 L3 (R 20) Cool Down : 100 o/c L1 TOTAL: 1250m	Warm Up : 10 min spin L1 Main Set : 28 miles flat ride L1 - L2 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Transition Practice	Run	Bike	Run	REST DAY	Swim	Bike
	Set out your T1- T2 area Practice T1 with short run in and cycle out T2 same format run in - T1 - bike out bike in - T2 - run out repeat x 3-4 finish session Bike 8 miles L2	Warm Up : 5min jog L1 and dynamic stretching Main Set : 45 mins L2 - L3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles tempo ride L3 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs hill reps 8-10% jog back recovery repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 f/c L2(R20) 4 x 25k L2 (R30) Main Set : 2 x 400 L2 (R60) Cool Down : 100 f/c L1 TOTAL: 1200m	Warm Up : 10 min spin L1 Main Set : 20 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Swim / Transition	Run	REST DAY	Race Day
TAPER WEEK UP TO RACE SUNDAY	Warm Up : 1 x 50 f/c L1 - L2 (R60) 1x 50p L2 (R60) Main Set : 8 x 25 L4 - L5 (R60) Cool Down : 100 p L2 TOTAL: 400m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min run L3 1 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 8 miles L1 - L2 flat ride Cool Down : 10 min spin L1	Warm Up : 50p L2 Main Set : 4 x 25 L5 (R60) Cool Down : 50 o/c L1 Transition Practice run in - T1 - bike out bike in - T2 - run out	pre - race jog 10 mins L1		Sprint Distance

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST DAY	Run	Bike	Run	Swim	Swim / Bike (Brick)	Bike
		Warm Up : 5min jog L1 and dynamic stretching Main Set : 50 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles L2 select flat route or out and back Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min run L3 3 min jog recovery L1 repeat x 3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 4 x 100 L1(R20) 4 x 25 k L2 (R30) Main Set : 4x25 build L3(R30) 100 p L3 (R120) 3 x 200 f/c L2 (R60) 4 x 50 p L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1550m	Open Water Swimming Coached Session Practice : with wet suit 15 mins swim plus deep water starts turns and sighting Wet suit removal NOTE: allow 20 mins for wetsuit fitting Bike 12 miles L3 flat ride Cool Down : 10 min L1	Warm Up : 10 min spin L1 Main Set : 25 miles on hilly route L2 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim / Run (Brick)	Bike
	Warm Up : 300 f/c L2(R20) 6 x 25k L2 (R30) Main Set : 400m L2 - L3 every 4th length L4 - L5 (R120) 200m as 25 drill -25 f/c L3 drill catch up 200m as 25 one arm 25 f/c 200 p L2 Cool Down : 100 f/c L1 TOTAL: 1750m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 10k -6.25 miles L4 (race pace) If possible find road race Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles Time trial high tempo ride L3- L4 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L1 Cool Down : 5 min jog L1 and static stretching		Open Water Swimming Practice : with wet suit deep water starts mass starts in group turns and sighting Wet suit removal Transition into run Run 15 - 20 mins L2 - L3 Cool Down : static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Swim	Bike
	Warm Up : 100 f/c L1 8 x 25k L2 (R30) Main Set : 2 x 400 L3 9R 60) 2 x 200 L3 (R 60) 2 x 100 L3 (R 60) Cool Down : 100 f/c L1 TOTAL: 1800m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 5 k-3 miles L4 (race pace) If possible find road race Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles flat ride L2 Cool Down : 10 min spin L1 Run 20 min L4 and 5 min static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 secs L3 jog back recovery repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 2 x 75 L3 (R20) 4 x 50 p L4 (R20) 6 x 25 L5 (R20) repeat x 2 Cool Down : 200 p L1 TOTAL: 1900m	Warm Up : 10 min spin L1 Main Set : 30 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Transition Practice/ Swim	Run	Bike	Run	REST DAY	Swim	Bike
	Set out your T1- T2 area Practice T1 with short run in and cycle out T2 same format run in - T1 - bike out bike in - T2 - run out repeat x 3-4 finish session Bike 8 miles L3 Swim 1500m f/c	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min run L3 3 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles Time trial high tempo ride L3- L4 10 miles easy ride back Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs hill reps 8-10% jog back recovery repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 400 f/c L2(R20) 8 x 25k L2 (R30) Main Set : 15 x 50 L4 (R30) Cool Down : 100 f/c L1 TOTAL: 1700m	Warm Up : 10 min spin L1 Main Set : 25 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1



Standard (Olympic) Distance 12 WEEK PROGRAMME NOVICE



Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Run	REST DAY	Swim / Bike (Brick)	Bike
	Warm Up : 4 x 50 f/c L1 - L2 (R60) 4x 50p L2 (R60) Main Set : 10 x 100m (race pace) L4 Cool Down : 50 p L2 TOTAL: 1450m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min run L4 2 min jog recovery L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 12 miles L3 flat ride concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min run L5 1 min jog recovery L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 200 f/c L3(R120) 4 x 25k L2 (R60) Main Set : 6 x 25 build L3 - L4 (R60) 4 x 50 L5 (R60) Cool Down : 50 o/c L1 <div style="background-color: #e0e0e0; text-align: center; padding: 2px;">TOTAL</div> TOTAL 700m <div style="background-color: green; color: white; text-align: center; padding: 2px;">Bike</div> 6- 8 miles L3 L4	Warm Up : 10 min spin L1 Main Set : 20 miles undulating route L2 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swim	Run	Bike	Swim / Transition	REST DAY	REST DAY	Race Day
TAPER WEEK UP TO RACE SUNDAY	Warm Up : 1 x 50 f/c L1 - L2 (R60) 1x 50p L2 (R60) Main Set : 8 x 25 L4 - L5 (R60) Cool Down : 100 p L2 TOTAL: 400m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec run L4 1 min jog recovery L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 6-8 miles L1 flat ride Cool Down : 10 min spin L1	Warm Up : 50p L2 Main Set : 4 x 25 L5 (R60) 50 p L4 Cool Down : 50 p L1 <div style="background-color: #e0e0e0; text-align: center; padding: 2px;">TOTAL : 250 m</div> <div style="background-color: blue; color: white; text-align: center; padding: 2px;">Transition Practice</div> 20 min run in - T1 - bike out- L1 bike in - T2 - run out-L1			