

Week AUG. 16 - 22							
1	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Group Ride Miles	50 30 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 45 Miles	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 50 Miles	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Rest

Week AUG. 23 - 29							
2	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Foundation Bike 50 Miles	35 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 45 Miles	30 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 4X20Sec.	BRICK Swim/Bike/Run 45/45/10 Minute. Moderate Intensity.	50 Min. Foundation Run Steady Run @ Moderate Intensity. Swim Fartlek Intervals.	Rest

Week AUG. 30 - SEPT. 5							
3	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Foundation Bike Miles	50 40 Min. Foundation Run Steady Run @ Moderate Intensity. F&R @ 4x20 Sec.	Swim Base Intervals. Foundation Bike 50 Miles	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 4X20Sec.	Swim Fartlek Intervals. Foundation Bike 45 Miles	50 Min. Foundation Run Steady Run @ Moderate Intensity.	Foundation Bike 60 Miles

Week SEPT. 6 - 12							
4	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals.	30 Min. Foundation Run Steady Run @ Moderate Intensity. F&R @ 3x20 Sec.	Swim Base Intervals. Foundation Bike 55 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Fartlek Intervals. Foundation Bike 55 Miles	Group Run.	Group Swim. Foundation Bike 60 Miles.

Week SEPT. 13 - 19							
5	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Group Ride 50 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 45 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	Swim Fartlek/Sprint Intervals. Foundation Bike 45 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Foundation Bike 50 Miles

Week SEPT. 20 - 26							
6	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Time Trial.	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 45 Miles.	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	BRICK Swim/Bike/Run 60/60/30 Minute. Moderate Intensity.	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Foundation Bike 60 Miles

Week SEPT. 27 - OCT. 3							
7	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals.	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 50 Miles.	40 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	Rest	30 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Fartlek/Sprint Intervals. Foundation Bike 60 Miles

Week OCT. 4 - 10							
8	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 55 Miles.	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Fartlek/ Sprint Intervals.	40 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/Sprint Intervals. Foundation Bike 60 Miles

Week	OCT. 11 - 17						
9	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 50 Miles.	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 45 Miles.	40 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	Rest	35 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Fartlek/Sprint Intervals. Foundation Bike 50 Miles.

Week	OCT. 18 - 24						
10	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 50 Miles.	50 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/ Sprint Intervals. Foundation Bike 45 Miles.	40 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	BRICK Swim/Bike/Run 60/60/30 Minute. Moderate Intensity.	20 Min. Foundation Run Steady Run @ Easy Intensity. 8x10 Sec Build Up Sprints.	10 K & Group Swim.

Week	OCT. 25 - 31						
11	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Group Ride 60 Miles.	55 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Fartlek/ Sprint Intervals. Foundation Bike 50 Miles.	45 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	Swim Base/ Sprint Intervals. Foundation Bike 50 Miles.	55 Min. Foundation Run Steady Run @ Moderate Intensity.	Rest

Week	Nov. 1 - 7						
12	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 55 Miles.	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Fartlek/ Sprint Intervals. Foundation Bike 60 Miles.	35 Min. Foundation Run Steady Run @ Moderate Intensity.	Rest	BRICK Swim/Bike/Run 45/75/30 Minute. Moderate Intensity.	Swim Base/ Threshold Intervals.

Week	Nov. 8 - 14						
13	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 60 Miles.	Lactate Intervals @ VO ₂ Max 8x1 Min. (36 Min. Total Warmup - Cooldown.)	Swim Base/ Threshold Intervals. Foundation Bike 45 Miles.	45 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 6X20Sec.	Rest	30 Min. Foundation Run Steady Run @ Moderate Intensity. Swim Base Intervals.	Sprint Triathlon

Week	Nov. 15 - 21						
14	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	55 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Base/Threshold Intervals. Foundation Bike 60 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Base/ Sprint Intervals. Foundation Bike 45 Miles.	50 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Fartlek/ Sprint Intervals. Foundation Bike 65 Miles.

Week	Nov. 22 - 28						
15	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 60 Miles.	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Base/ Threshold Intervals. Foundation Bike 45 Miles.	30 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Rest	45 Min. Foundation Run Steady Run @ Moderate Intensity.	Swim Lactate/ Sprint Intervals. Foundation Bike 65 Miles.

Week	Nov. 29 - Dec. 5						
16	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	45 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Base/Threshold Intervals. Foundation Bike 60 Miles.	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 45 Miles.	65 Min. Long Run Steady Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 70 Miles.

Week	Dec. 6- 12						
17	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	35 Min. Foundation Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Base/Threshold Intervals. Foundation Bike 60 Miles.	30 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 45 Miles.	BRICK Swim/Bike/Run 30/45/15 Minute. Moderate Intensity.	Group Swim. Group Ride 70 Miles.

Week	Dec. 13- 19						
18	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest.	Foundation Run W/ 30 Sec Burst @ VO ₂ Max. 6x30 Sec. (35 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 60 Miles.	35 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 50 Miles.	80 Min. Long Run Steady Run @ Moderate Intensity.	Foundation Bike 65 Miles. Swim Time Trials.

Week	Dec. 20- 26						
19	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	Foundation Run W/ 30 Sec Burst @ VO ₂ Max. 8x30 Sec. (35 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 65 Miles.	40 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 50 Miles.	35 Min. Long Run Steady Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 70 Miles.

Week	Dec. 27- Jan 2						
20	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	Foundation Run W/ 30 Sec Burst @ VO ₂ Max. 8x30 Sec. (35 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 50 Miles.	40 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 50 Miles.	80 Min. Long Run Steady Run @ Moderate Intensity.	Swim Base Intervals.

Week	Jan. 3- 9						
21	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Swim Base Intervals. Foundation Bike 60 Miles.	Foundation Run W/ 30 Sec Burst @ VO ₂ Max. 6x30 Sec. (40 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 55 Miles.	40 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 2X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 55 Miles.	Group Run.	Group Swim. Group Ride 65 Miles.

Week	Jan. 10 - 16						
22	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	Run Hill Repeats 1 Min. Intervals @ Speed Intensity w/ 2 Min. Recovery. 6x1 Min. (34 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 65 Miles.	40 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 50 Miles.	100 Min. Long Run @ Moderate Intensity.	Swim Base Intervals. Foundation Bike 70 Miles.

Week	Jan. 17 - 23						
23	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.
	Rest	Run Hill Repeats 1 Min. Intervals @ Speed Intensity w/ 2 Min. Recovery. 8x1 Min. (44 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 50 Miles.	45 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 55 Miles.	45 Min. Foundation Run Steady Run @ Moderate Intensity. Swim Base Intervals.	Foundation Bike 85 Miles.

Week	Jan. 24 - 30							
24	Sunday	Monday	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun. 31
	Rest	Run Hill Repeats 1 Min. Intervals @ Speed Intensity w/ 2 Min. Recovery. 8x1 Min. (44 Min. Total)	Swim Base/Threshold Intervals. Foundation Bike 55 Miles.	45 Min. Recovery Run Steady Run @ Moderate Intensity.F&R @ 3X20Sec.	Swim Lactate/ Sprint Intervals. Foundation Bike 65 Miles.	110 Min. Long Run @ Moderate Intensity.	Swim Time Trials.	Foundation Bike 65 Miles.