

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike		Swim	REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 25 min L1 Cool Down : 5 min jog L1 and static stretching	Turbo 30 min L1		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1000m L2 Cool Down : 200 f/c L1 TOTAL: 1550m		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R40) 4 x 50 p L3 (R30) 4x 100 L 2 (R 15) Cool Down : 100 o/c L1 TOTAL: 1850m	Warm Up : 10 min spin L1 Main Set : 25 miles flat ride L2 Cool Down : 10 min spin L1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Gym	
	Warm Up : 400 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 repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 45 min L2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles flat ride L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 15 min L 2 10 min L1 repeat x 2 run on grass Cool Down : 5 min jog L1 and static stretching		Main Set : Tri4u Strength and Conditioning Programme	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike		Swim	REST DAY	Swim	Bike
	Warm Up : 5 min jog L1 and dynamic stretching Main Set : Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R40) 4 x 50 p L3 (R30) 4x 100 L 2 (R 15) Cool Down : 5 min jog L1 and static stretching	Warm Up : 5 min spin L1 Main Set : 12 -15 miles L1-2 undergeared Cool Down : 5 min spin L1		Warm Up : 200 f/c L1 Main Set : 8 x 100 f/c L3 (R 40) 3 x 200 p L2 (R 20) 4x 25 f/c L3, (R30) Cool Down : 50 o/c L1 TOTAL: 1750m		Warm Up : 100 f/c L1 (R20) 8 x 25k L2 (R10)) Main Set : 2 x 400 L3 (R 20) 2 x 200 L3 (R 20) 4 x 100 L3 (R 20) Cool Down : 100 f/c L1 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 35 miles hilly ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run		Gym	Run
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R40) 4 x 50 p L3 (R30) 4x 100 L 2 (R 15) Cool Down : 100 o/c L1 TOTAL: 1850m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 min L2- L3 grass/park stay relaxed Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 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 10 min L3 Build speed note levels Cool Down : 5 min jog L1 and static stretching		Main Set : Tri4u Strength and Conditioning Programme	Warm Up : dynamic stretching Main Set : 50 min L1 Cool Down : static stretching

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike		Swim	REST DAY	Swim	Bike
	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles L2 include 5 x 2 min overgeared L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1		Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m		Warm Up : 100 f/c L1 (R20) 8 x 25 k L2 - L3 (R30) Main Set : 6 x 200 L3 (R20) 4 x 100 p L3 (R15) Cool Down : 100 o/c L1 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 30 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
pm	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Gym	Transition Practice
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R30) 4 x 100 p L3 (R30) 8 x 50 L2 (R15) Cool Down : 100 o/c L1 TOTAL: 2050m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 5 min L3 5 min jog L1 repeat x 3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles undulating ride L3 Cool Down : 10 min spin L1 Run 20 min L3 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching	10 mins L1	Main Set : Tri4u Strength and Conditioning Programme	run in - T1 - bike out- L1 bike in - T2 - run out-L1 20 mins



Standard (Olympic) Distance
12 WEEK PROGRAMME
ADVANCED



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY		Bike	Run	Swim	Run	REST DAY	Race Day
		Warm Up : 10 min spin L1 Main Set : 20 miles L1 - L2 flat ride Cool Down : 10 min spin L1	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 100p L2 Main Set : 10 x 25 L5 (R60) Cool Down : 100 o/c L1 TOTAL: 450m	pre - race jog 10 mins L1	Check T1 and T2 Check race venue Check course	Sprint Distance pool or OWS

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike	Run	Run	REST DAY	Race Day
	Warm Up : 200 f/c L2 (R60) 8x 25k L2 (R60) Main Set : 10 x 100 L4 (R60) 10 x 25 L5 (R60) Cool Down : 200 p L2 TOTAL: 1850m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min L4 2 min L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles L2 flat ride Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs L4 jog back recovery repeat x 8 Cool Down : 5 min jog L1 and static stretching	pre - race jog 10 mins L1	Check T1 and T2 Check race venue Check course	Sprint Distance pool or OWS

Standard (Olympic) Distance

12 WEEK PROGRAMME

ADVANCED

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Run	Swim	REST DAY	Swim	Swim / Bike (Brick)	Bike
		Warm Up : 5min jog L1 and dynamic stretching Main Set : 40 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 4 x 50 o/c L1(R20) 4 x 25 k L2 (R30) Main Set : 6 x 200 f/c L2 (R30) 6 x 50 p L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1850m		Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2 Cool Down : 100 f/c L1 TOTAL: 1900m	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 Bike 15 miles L4 flat ride Cool Down : 10 min L1	Warm Up : 10 min spin L1 Main Set : 40 miles undulating route L3 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
pm	Bike	Run	Bike		Run		Gym
	20miles L1 flat ride	Warm Up : 5min jog L1 and dynamic stretching Main Set : 50 mins L2 Cool Down : 5 min jog L1 and static stretching	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		Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 hr L3 Cool Down : 5 min jog L1 and static stretching		Main Set : Tri4u Strength and Conditioning Programme

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike		Swim	REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 5 min spin L1 Main Set : 20 miles L1-2 undergeared Cool Down : 5 min spin L1		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1500m L2 Cool Down : 200 f/c L1 TOTAL: 2050m		Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 3 Cool Down : 100 f/c L1 TOTAL: 2650m	Warm Up : 10 min spin L1 Main Set : 45 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
pm	Swim	Run	Bike	Run	REST DAY	Gym	Run
	Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x 50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min L4 3 min L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 miles Time trial high tempo ride L3- L4 Cool Down : 10 min spin L1	Warm Up : 100p L2 Main Set : 30 min L2 Cool Down : 5 min jog L1 and static stretching		Main Set : Tri4u Strength and Conditioning Programme	Warm Up : dynamic stretching Main Set : 1 hr 10 min Cool Down : static stretching



Standard (Olympic) Distance
12 WEEK PROGRAMME
ADVANCED



Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Gym	Gym		REST DAY	Bike / Run (Brick)	Swim
		Main Set : 30 min Tri4u Strength and Conditioning Programme	Main Set : 30 min Tri4u Strength and Conditioning Programme			Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L4 Cool Down : 10 min spin L1	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 750m L4
						Run	
						30 min L4 and 5 min jog L1 and static stretching	Cool Down : 100 p L1 Total 1250

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike	Swim	REST DAY		Bike
	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 10k -6.25 miles L4 (race pace) If possible find road race	Warm Up : 10 min spin L1 Main Set : 10 miles Time trial high tempo ride L3- L4	Warm Up : 2 x 100 p L1(R20) 10 x 25 build Main Set : 30 x 50 L4 (R20) as 50 f/c- 50 p			Warm Up : 10 min spin L1 Main Set : 50 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride
	Bike						
	15 miles L2 flat ride Cool Down : 10 min L1	Cool Down : 5 min jog L1 and static stretching	Cool Down : 10 min spin L1	Cool Down : 100 p L1 Total 1950			Cool Down : 10 min spin L1

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY	Run		Bike	Swim	Run	REST DAY	Race Day
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L1 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 : 2 x 100p L2 (R30) 4 x 25 k L2 (R 30) Main Set : 2 x 200p L2 (R60) concentrate on long smooth stroke Cool Down : 100 p L2 TOTAL: 800m	pre - race jog 15 mins L1	Check T1 and T2 Check race venue Check course	Sprint Distance 750m ows

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike / Run (Brick)	Run	REST	REST DAY	Race Day
	Warm Up : 2 x 200p L2 Main Set : 20 x 25 L4 (R30) Cool Down : 100 p L2 TOTAL: 800m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 45 sec run L4 1 min jog recovery L1 repeat x 10 run on slight downhill with tailwind 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 : 100p L2 Main Set : 4 x 25 L5 (R60) 100 p L4 Cool Down : 50 p L1 TOTAL : 350 m Transition Practice 20 min run in - T1 - bike out bike in - T2 - run out		Check T1 and T2 Check race venue Check course	Sprint Distance 750m ows

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Swim	Run	Gym	REST DAY	Swim	Bike
		Warm Up : 2 x 100 o/c L1(R20) 4 x 25 k L2 (R30) Main Set : 500m L2 Cool Down : 200 f/c L1 TOTAL: 1000m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 45 min L 2 Cool Down : 5 min jog L1 and static stretching	Main Set : 30 min Tri4u Strength and Conditioning Programme		Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2 Cool Down : 100 f/c L1 TOTAL: 1900m	Warm Up : 10 min spin L1 Main Set : 35 miles on hilly 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
pm	Bike	Run	Bike	Swim	REST DAY	Run	Gym
	10miles L1 flat ride	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 : 20 miles flat ride L2 Cool Down : 10 min spin L1	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R30) 4 x 100 p L4 (R30) 8 x 50 L 5 (R 15) Cool Down : 100 o/c L1 TOTAL: 2050m		Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min L4 2 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching	Main Set : 30 min Tri4u Strength and Conditioning Programme

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim	Gym	REST DAY	Swim / Run (Brick)	Swim
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 45 min L 2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 o/c L1(R20) 4 x 25 k L2 (R30) Main Set : 1000m L4 Cool Down : 200 f/c L1 TOTAL: 1500m	Main Set : 30 min Tri4u Strength and Conditioning Programme		Open Water Swim Practice : deep water starts mass starts in group turns and sighting Wet suit removal Transition into run Run 25 mins L 4 Cool Down : static stretching	Warm Up : 2 x 200p L2 Main Set : 20 x 25 L4 (R30) Cool Down : 100 p L2 TOTAL: 800m

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Bike	Bike
	Warm Up : 2 x 150 as 25f/c-25catch up 2x75 build Main Set : 5 x 100 L3 (R30) 1 x 50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2250m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L5 1 min L1 repeat x 5 5 min jog equal 1 set repeat x 3 sets Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles Time trial L5 high tempo ride Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 secs hill rep jog back recovery repeat x 5 jog 3 min 8 10% gradient equal 1 set repeat x 4 Cool Down : 5 min jog L1 and static stretching		Warm Up : 10 min spin L1 Main Set : 10 miles 2 min L4 2 min L2 repeat x 10 Cool Down : 10 min spin L1	Warm Up : 10 min spin L1 Main Set : 30 miles undulating route L2 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim	Run	REST DAY	Swim	Bike
TAPER WEEK FROM WED	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L3 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 500m L4 Cool Down : 100 p L1 Total 1000	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 p L1(R20) 10 x 25 build Main Set : 10 x 50 L4 (R30) as 50 f/c- 50 p 10 x 25 f/c L5 (R60) Cool Down : 100 p L1 Total 1300	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 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Swim	REST DAY	Run	
TAPER WEEK FROM WED	Warm Up : 100 p L2(R20) 4 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 1 Cool Down : 100 f/c L1 TOTAL: 1150m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 2 min run L4 3 min jog L1 repeat x 4 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles flat ride L4 Cool Down : 10 min spin L1 Run 15 min L3 5 min jog L1 and static stretching	Warm Up : 100p L2 Main Set : 4 x 25 L5 (R60) 100 p L4 Cool Down : 50 p L1 TOTAL : 350 m Transition Practice 20 min run in - T1 - bike out bike in - T2 - run out		Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec run L4 30 sec run L1 repeat x 12 Cool Down : 5 min jog L1 and static stretching	

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY			Transition Practice	Swim	REST DAY	REST DAY	Race Day
			20 min run in - T1 - bike out bike in - T2 - run out	Warm Up : 100p L2	Check race venue Check course	Check T1 and T2	Standard Distance 1500m ows 40k bike 10k run
				Main Set : 4 x 25 L5 (R60) 2 x 100 p L2			
			Cool Down : 50 p L1			TOTAL : 450 m	

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike	Run	REST DAY	REST DAY	Race Day
	OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec L4 1 min L1 repeat x 5	Warm Up : 10 min spin L1 Main Set : 10 miles L1 flat ride	pre - race jog 15 mins L1	Check race venue Check course	Check T1 and T2	Standard Distance 1500m ows 40k bike 10k run
	Cool Down :	Cool Down : 5 min jog L1 and static stretching	Cool Down : 10 min spin L1				