

12-WEEK TRAINING PLAN

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEKS 5, 6	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Ease into it.	Be brave.	Consistency	Recovery	AND 7	Recovery	Home	Go girl.	Almost	Taper
		is key.	Week	Here we go!	Week	stretch.		there!	This is like
Swim	Swim		Give your		Easy	Race day is	Swim		a recovery
1-2 times	2 times	Swim	body (and	Swim	workouts.	a few weeks	2 times	Swim	week, so
200-300	300-400	2 times	mind) a	2 times		away—	800 meters	2 times	you are
meters	meters each	400 meters	rest.	500 meters	Swim	wahoo!	each	800 meters	rested for
(over two	workout	each		each	1 time		workout	each	race day.
workouts)		workout	Swim	workout	500 meters	Swim		workout	
	Bike		1 time			2 times	Bike		Swim
Bike	2 times	Bike	400 meters	Bike	Bike	600-700	2-3 times	Bike	1-2 times
2 times	45 minutes	2 times		2 times	1 time	meters each	80 minutes	3 times	Easy
30 minutes	(or 8 miles)	50 minutes	Bike	60 minutes	40 minutes	workout	(or 18	60 minutes	workouts
(a minimum	each	(or 10	1 time	(or 12 miles)	(or 11 miles)		miles) each	(or 15 miles)	
of 5 miles)	workout	miles) each	30 minutes	each		Bike	workout	for two	Bike
each		workout	(or 8 miles)	workout	Run	2-3 times		workouts;	2 times
workout	Run				1 time	75 minutes	Run	90 minutes	Less than
Nice and	2 times	Run	Run	Run	2 miles	(or 15 miles)	3 times	(or 20	20-30
easy.	1 mile each	2 times	1 time	2 times	(run or	each	2-5 miles	miles) one	minutes
	workout	1-2 miles	1 mile	2 miles each	walk)	workout	each	workout	each
Run		each		workout			workout,		workout
2 times		workout				Run	with at least	Run	
1 mile each				Brick		3 times	one 3 miles	3 times	Run
workout				Workout		2-4 miles		2-5 miles	1-2 times
Whether				After one		each	Brick	each	20 minutes
this is a				cycling		workout	Workout	workout,	or less
walk or a				workout,			After one	with at least	
run, that's				run 5-10		Brick	cycling	one 3 miles	Bonus:
okay. Do a				minutes		Workout	workout,		A few days
mile at your				immediately		After one	run 15-25	Brick	before
pace!				after you		cycling	minutes	Workout	the race,
				get off the		workout,	immediately	After one	make sure
				bike.		run 15-25	after you	cycling	you have
						minutes	get off the	workout,	everything



Open Water Swim

immediately

after you

bike.

get off the

bike.

Swim

Open Water

One swim

in race-like

swimming

conditions.

You *must* get in the open water to swim if $% \frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{2} \left(\frac{1}{2} \right) \left(\frac{1}{2}$ your race will take place in an outside body of water. If you will require a wetsuit, swim in it. Go with a friend (safety first!), and be patient with yourself.

run 20-30 minutes immediately after you get off the bike.

Open Water Swim

One swim in race-like swimming conditions.

you need, practice transitions and visualize your race success.



