

12 week

Standard Distance

Below is a look at where each work-out is placed, through-out the 12 weeks.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 2	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 3	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 4	Swim	Swim		Swim	DAY OFF	Swim			
	Bike		Bike					Bike	Bike
	Run	Run		Run				Run	
Week 5	Swim	Swim		Swim	DAY OFF				
	Bike		Bike					Bike	Bike
	Run	Run		Run			Run	Run	
Week 6	Swim	DAY OFF		Swim	DAY OFF	Swim			
	Bike		Bike				Bike	Bike	
	Run			Run			Run		
Week 7	Swim	Swim		Swim	DAY OFF				
	Bike		Bike				Swim	Bike	Bike
	Run	Run		Run			Run	Run	
Week 8	Swim	DAY OFF		Swim	DAY OFF				
	Bike		Bike				Bike	Bike	
	Run			Run			Run	Run	
Week 9	Swim	Swim		Swim	DAY OFF				
	Bike		Bike				Swim	Bike	Bike
	Run	Run		Run			Run	Run	
Week 10	Swim	Swim		Swim	DAY OFF				
	Bike		Bike				Swim	Bike	Bike
	Run	Run		Run			Run	Run	
Week 11	Swim	DAY OFF		Swim	DAY OFF				
	Bike		Bike				Swim	Bike	Bike
	Run			Run			Run	Run	
Week 12	Swim	Swim	DAY OFF	Swim	DAY OFF	Swim			
	Bike			Bike				Bike	
	Run	Run		Run				Run	RACE DAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 300meter warm-up at a very easy pace, then 8 x 25meter at a medium pace with 50seconds Rest between each of the 25's, then 200meter easy warm-down. (600meter total)		Swim 300meter warm-up at a very easy pace, 6 x 50meter at a medium pace with 60seconds Rest between each of the 50's, 200meter easy warm-down. (800meter total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few work-outs, but more importantly to help you absorb the last few work-outs, making you a stronger triathlete. The day off in a program is by far the most important).	Swim 300meter warm-up at a very easy pace, then 6 x 100meter at a medium pace with 90seconds Rest between each of the 100's, then 200meter easy warm-down. (1100meter total)			Week 1
Bike		30minute bike on flat roads and at an easy pace.				30minute bike in the morning and on flat roads and at an easy pace.	1hour long bike on flat roads and at an easy pace.	
Run	30minute flat run at an easy pace.		40minute long flat run preferably in the afternoon; off road & at an easy pace. Do the stretch's after your run.				30minute long flat run in the afternoon at an easy pace.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meter warm-up at a very easy pace, 2 x 50meter kick at a medium pace with 30seconds Rest between, 2 x 50meter at a medium pace with 30seconds Rest between, 4 x 100meter at a medium pace with 60seconds Rest between, 100meter easy warm-down. (900meter total)		Swim 300meter warm-up at a very easy pace, 2 x 25meter at a medium to high pace, with 75 seconds Rest between, Rest 90 sec then 8 x 50meter with 60seconds Rest between, 200meter very easy to easy pace warm-down. (950meter total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important).	Swim 200meter warm-up at a very easy pace, 2 x 25meter kick at a medium pace with 20seconds Rest between, 2 x 25meter at a medium pace with 20seconds Rest between, 500meter at an easy pace & continuous then 200meter easy warm-down. (900meter total)			Week 2
Bike		30minute bike on flat roads and at an easy pace.				35minute bike in the morning and on flat roads and at an easy pace.	1hour long bike on flat roads and at an easy pace.	
Run	30minute flat run at an easy pace. Do the stretch's after your run.		45minute long flat off road run at an easy pace, preferably in the afternoon/evening.			30minute flat run in the afternoon at an easy pace. Do the stretch's after your run.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meter warm-up at a very easy pace, 4 x 25meter kick at a medium pace with 30seconds Rest between, 4 x 25meter at a medium pace with 30seconds Rest between, 4 x 50meter at a medium pace with 30seconds Rest between, 200meter easy warm-down. (800meter total)		Swim 200meter warm-up at a very easy pace, 4 x 25meter kick at a medium pace with 30seconds Rest between, 8 x 50meter at a medium pace with 60seconds Rest between, 200meter easy warm-down. (1000meter total)	DAY OFF (a day off is put into the program, not only to help you recover from the last few workouts, but more importantly to help you absorb the last few workouts, making you a stronger triathlete. The day off in a program is by far the most important).	Swim 300meter warm-up at a very easy pace, 500meter at an easy pace & continuous then 200meter easy warm-down. (1000meter total)			Week 3
Bike		40minute bike on flat roads and at an easy pace.				40minute bike in the morning and on flat roads and at an easy pace.	1hour long bike on flat roads and at an easy pace.	
Run	30minute flat run at an easy pace.		50minute long flat off road run at an easy pace preferably in the afternoon/evening. Do the stretch's after your run.			35minute flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 300meter warm-up at a very easy pace, 2 x 50meter kick at a medium pace with 30seconds Rest between, 4 x 50meter at a medium pace with 30seconds Rest between, 6 x 100meter at a medium pace with 60seconds Rest between, 100meter easy warm-down. (1300meter total)		Swim 300meter warm-up at a very easy pace, 4 x 25meter at a medium to high pace, with 75 seconds Rest between, Rest 90 sec then 12 x 50meter with 60seconds Rest between, 200meter very easy to easy pace warm-down. (1200meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, 2 x 25meter kick at a medium pace with 20seconds Rest between, 2 x 25meter at a medium pace with 20seconds Rest between, 700meter at an easy pace & continuous then 200meter easy warm-down. (1100meter total)			Week 4
Bike		45minute bike on flat roads and at an easy pace.				45minute bike in the morning and on flat roads and at an easy pace.	1hour 15minute long bike on flat roads and at an easy pace.	
Run	40minute flat run at an easy pace. Do the stretch's after your run.		55minute long flat off road run at an easy pace, preferably in the afternoon/evening.			35minute flat run in the afternoon at an easy pace. Do the stretch's after your run.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 200meter warm-up at a very easy pace, then 4 x 50meter as 25meter medium pace, 25meter very easy pace, 20seconds Rest between, 4 x 25meter kick at a medium pace with 20seconds Rest between, Rest 60seconds then 3 x 100meter at a medium pace with 60seconds Rest between, 4 x 50meter kick at a medium pace with 60seconds rest between. 200meter easy warm-down. (1200meter total)		Swim 300meter warm-up at a very easy pace, 6 x 50meter as 25meter hard pace, 25meter easy pace with 45seconds Rest between, 3 x 200meter at a medium pace with 90seconds Rest between, 200meter easy warm-down. (1400meter total)	DAY OFF				Week 5
Bike		1hour bike on flat & rolling roads and at an easy pace.				50minute bike in the morning and on flat roads and at an easy pace.	Long 1hour 20minute ride at a very eaqsy to easy pace on flat & rolling roads.	
Run	35minute run at an easy pace on flat and rolling road.		Long 55minute run at an easy pace, rolling, flat & off road. Do the stretch's after your run.		35minute run at an easy pace on flat and rolling road.	35minute flat run in the afternoon at an easy pace.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 200meter warm-up at a very easy pace, 4 x 25meter at a medium pace with 30seconds Rest between, 4 x 25meter at a medium pace with 15seconds Rest between, 6 x 100meter at a medium pace with 60seconds Rest between, 200meter easy warm-down. (1200meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, 2 x 25meter kick at a medium pace with 20seconds Rest between, 2 x 25meter at a medium pace with 20seconds Rest between, Rest 90 sec then 400meter at an easy pace & continuous, then 100meter easy warm-down. (800meter total)			Week 6
Bike		30minute bike on flat roads and at an easy pace.				30minute bike in the morning and on flat roads and at an easy pace.	Long 45minute ride on flat & rolling roads and at an easy pace.	
Run			35minute run at an easy pace on rolling, flat & off road in the afternoon/evening. Do the stretch's after your run.			30minute at an easy pace, rolling & flat run in the afternoon/evening. Do the stretch's after your run.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 300meter warm-up at a very easy pace, then 4 x 50meter as 25meter medium pace, 25meter very easy pace, 20seconds Rest between, 4 x 25meter kick at a medium pace with 20seconds Rest between, Rest 60seconds then 4 x 100meter at a medium pace with 60seconds Rest between, 4 x 50meter kick at a medium pace with 60seconds rest between. 200meter easy warm-down. (1400meter total)		Swim 300meter warm-up at a very easy pace, 6 x 50meter as 25meter hard pace, 25meter easy pace with 45seconds Rest between, 4 x 200meter at a medium pace with 90seconds Rest between, 200meter easy warm-down. (1600meter total)	DAY OFF		Brick work-out: 800meter continuous swim at an easy pace then immediately into a 45minute bike on flat roads at an easy pace then a 20minute run at an easy pace immediately after the bike ride.		Week 7
Bike		1hour bike on flat & rolling roads and at an easy pace.					Long 1hour 30minute ride at a very eaqsy to easy pace on flat & rolling roads.	
Run	40minute run at an easy pace on flat and rolling road.		Long 1hour run at an easy pace, rolling, flat & off road. Do the stretch's after your run.		35minute run at an easy pace on flat and rolling road. Do the stretch's after your run.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 300meter warm-up at a very easy pace, 2 x 50meter at a medium pace with 30seconds Rest between, 6 x 100meter at a medium pace with 60seconds Rest between, 200meter easy warm-down. (1200meter total)	DAY OFF		Brick work-out: 600meter continuous swim at an easy pace then immediately into a 45minute bike on flat roads at an easy pace then a 20minute run at an easy pace immediately after the bike ride.		Week 8
Bike		40minute bike at a very easy to easy pace on flat roads.					Long 1hour ride at an easy pace on flat & rolling road.	
Run			40minute run at an easy pace on flat road in the afternoon/evening.		30minute flat run at an easy pace.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 400meter warm-up at a very easy pace, 4 x 50meter as 25meter at a medium pace, 25meter at an easy pace 20seconds Rest between, 4 x 25meter at a medium pace with 20seconds Rest between, Rest 60seconds then 8 x 100meter at a medium pace with 60seconds Rest between, 100meter at an easy pace then 100meter easy warm-down. (1700meter total)		Swim 300meter warm-up at a very easy pace, 6 x 25meter kick at a medium pace with 45seconds Rest between, 2 x 25meter at a medium pace with 30seconds Rest between, Rest 90seconds then 3 x 300meter at a medium pace with 90seconds Rest between, 100meter at an easy pace then 100meter easy warm-down. (1600meter total)	DAY OFF		Brick work-out: 1000meter continuous swim at an easy pace then immediately into a 1hour bike on flat roads at an easy pace then a 30minute run at an easy pace immediately after the bike ride.		Week 9
Bike		1hour bike at and easy pace on flat & rolling roads.					Long 1hour 45minute ride at a very easy to easy pace on flat & rolling roads.	
Run	35minute at an easy pace run on flat and rolling road. Do the stretch's after your run.		Long 1hour 10minute run, at an easy pace, on flat, rolling & off road in the afternoon/evening. Do the stretch's after your run.		45minute long flat run at an easy pace. Do the stretch's after your run.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 400meter warm-up at a very easy pace, 2 x 50meter kick at a medium pace with 30seconds Rest between, 6 x 50meter at a medium pace with 30seconds Rest between, 6 x 100meter at a medium pace with 60seconds Rest between, 100meter easy warm-down. (1500meter total)		Swim 300meter warm-up at a very easy pace, 4 x 50meter at a medium pace with 30seconds Rest between, 7 x 100meter at a medium pace with 60seconds Rest between, 200meter easy warm-down. (1400meter total)	DAY OFF		Brick work-out: 1200meter continuous swim at an easy pace then immediately into a 45minute bike on flat roads at an easy pace then a 45minute run at an easy pace immediately after the bike ride.		Week 10
Bike		40minute bike at a very easy to easy pace on flat roads.					Long 2hour ride at an easy pace on flat & rolling road.	
Run	40minute flat run at an easy pace. Do the stretch's after your run.		35minute run at an easy pace on flat road in the afternoon/evening. Do the stretch's after your run.		45minute flat run at an easy pace. Do the stretch's after your run.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	DAY OFF		Swim 300meter warm-up at a very easy pace, 4 x 50meter at a medium pace with 30seconds Rest between, 7 x 100meter at a medium pace with 60seconds Rest between, 200meter easy warm-down. (1400meter total)	DAY OFF		Brick work-out: 500meter continuous swim at an easy pace then immediately into a 45minute bike on flat roads at an easy pace then a 15minute run at an easy pace immediately after the bike ride.		Week 11
Bike		40minute bike at a very easy to easy pace on flat roads.					Long 1hour ride at an easy pace on flat & rolling road.	
Run			35minute run at an easy pace on flat road in the afternoon/evening. Do the stretch's after your run.		35minute flat run at an easy pace. Do the stretch's after your run.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Swim	Swim 300meter warm-up at a very easy pace, 4 x 25meter at a easy pace with 20seconds Rest between, 4 x 25meter at a medium pace with 30seconds Rest between, 10 x 50meter at a medium pace with 30seconds Rest between, 200meter easy warm-down. (1200meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, 2 x 25meter kick at a medium pace with 30seconds Rest between, 2 x 25meter at a medium to hard pace, with 30seconds Rest between, 5 x 100meter at a medium pace with 90seconds Rest between, 4 x 25meter at an easy pace with 20seconds Rest between, 100meter easy warm-down. (1000meter total)	DAY OFF	Swim 200meter warm-up at a very easy pace, 4 x 25meter at a medium to hard pace, with 30seconds Rest between, Rest 90seconds then 300meter at a medium pace, 100meter easy warm-down. (700meter total)		RACE DAY	Week 12
Bike			20minute bike on flat roads at an easy pace.			15minute bike on flat roads and at an easy pace. Do this bike ride in the morning.		
Run	30minute flat run at an easy pace. Do the stretch's after your run.		15minute flat run at an easy pace. Do the stretch's after your run.			15minute flat run in the early afternoon and at an easy pace.		