

Distance Triathlon - Olympic Distance - 1500m Swim / 40km Cycle / 10km Run

Level Casual

This program is written in minutes!

Weeks to event day		12	11	10	9	8	7	6	5	4	3	2	1	0
Date														
Detail							Rest Wk					Hard wk		
Monday	Swim	20	20		30		20				40		30	
	Bike					60		60	60	60		60		60
	Run	20	20	30	30		30				45	45	45	40
Tuesday	Swim													
	Bike													
	Run													
Wednesday	Swim	30									40			
	Bike		45	45		60		60	60	60		80	60	30
	Run	30			40		30				45			
Thursday	Swim		30	40	30	30	20	40	20	20		30	30	20
	Bike										60			
	Run		30	30		30		30	30	30		40	40	
Friday	Swim													
	Bike													
	Run													15
Saturday	Swim				15	15								15
	Bike	45	50	60	60	60	60	80	90	100	100	120	60	60
	Run	5	5	5	5	10	10	10	15	15	10	5	15	15
Sunday	Swim													
	Bike		60											
	Run	20		30	40	40	40	50	60	60	80	60	60	
Total Time Mins		170	260	240	250	305	210	330	335	345	420	440	355	165
Total Time Hours		2.50	4.20	4.00	4.10	5.05	3.30	5.30	5.35	5.45	7.00	7.20	5.55	2.45

Program Key

Key Session	Try not to miss, be well rested for this session and eat well before, during and after
Latte Session	Light intensity sessions. Make sure you can still chat comfortably and do not over exert yourself
Steady	Steady pace, heart rate up from latte sessions, but not strenuous. Still able to talk but not quite as comfortably.
Moderately Hard	On same terrain as target event. Swim in sea, Ride/Run on hills. You can talk between breaths but you'd rather concentrate on breathing.
↓	Perform in a row and practise transition in between