

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

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 | | | | | | | | | | | | | | |
| Monday | Swim | 60 | 60 | | 60 | | 60 | | | | 60 | | 45 | |
| | Bike | | | | | 90 | | 80 | 80 | 80 | | 80 | | 80 |
| | Run | 30 | 45 | 40 | 40 | | 50 | | | | 60 | 60 | 40 | 40 |
| Tuesday | Swim | | 60 | 60 | | 60 | | 60 | 45 | 45 | | 60 | | 45 |
| | Bike | 90 | | | 90 | | 70 | | | | 90 | | 80 | |
| | Run | | | | | 40 | | 40 | 40 | 40 | | | | |
| Wednesday | Swim | 45 | | | | | | | | | 60 | | | |
| | Bike | | 70 | 70 | | 90 | | 70 | 70 | 70 | | 120 | 90 | 45 |
| | Run | 45 | | | 60 | | 45 | | | | 45 | | | |
| Thursday | Swim | | 60 | 50 | 20 | 60 | 20 | 60 | 20 | 20 | | 30 | 30 | 20 |
| | Bike | | | | | | | | | | 80 | | | |
| | Run | | 50 | 60 | | 50 | | 50 | 50 | 50 | | 40 | 60 | |
| Friday | Swim | | | | | | | | | | | | | |
| | Bike | | | | | | | | | | | | | |
| | Run | | | | | | | | | | | | | 15 |
| Saturday | Swim | | | | 60 | 45 | | | | | | | | 30 |
| | Bike | 100 | 90 | 90 | 80 | 100 | 90 | 100 | 120 | 120 | 120 | 150 | 100 | |
| | Run | 12 | 15 | 8 | 12 | 20 | 12 | 12 | 30 | 30 | 10 | 9 | 15 | |
| Sunday | Swim | | | | | | | | | | | | | |
| | Bike | | 120 | | | | | | | | | | | |
| | Run | 50 | | 80 | 60 | 60 | 40 | 80 | 120 | 120 | 80 | 60 | 60 | |
| Total Time Mins | | 432 | 570 | 458 | 482 | 615 | 387 | 552 | 575 | 575 | 605 | 609 | 550 | 245 |
| Total Time Hours | | 7.12 | 9.30 | 7.38 | 8.02 | 10.15 | 6.27 | 9.12 | 9.35 | 9.35 | 10.05 | 10.09 | 9.10 | 4.05 |

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 |