

### Sample Olympic Distance Triathlon Schedule

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Name					
Day/Date	Swim	Bike	Run	Other	Workout description
<b>Monday</b>	3450	OFF	OFF	H2O Run	S = 800 W.U. 4 x (150 S, 50 BK). 6 x 75, 25 K, 25 CU, 25 S @ 15 RI. 4 x 400 des. O=S E=P (no Paddles) @ 1:00 RI. 100 EZ. 3 x100 des. @ 30 RI. 200 WD.
<b>Tuesday</b>	3000	1:10 Trainer	4 Brick Tempo	H2O Run	S = 800 WU, wevery 4th 25 K on side. 4 x 100 stroke drill, non stop. 5 x 200 des @ 30 RI. 600 Hypoxic pull. 200 WD. B= Trainer. 15 min WU. 5 x ILT (isolated leg training) @ 1:00 spin RI. 5 x 2:00 fast @ 3:00 spin RI. 15 min WD. R = Build effort, des each mile.
<b>Wednesday</b>	OFF	1:00 Spin	8 Brick Steady	WTS	B = small chain spin. R = Steady Brick, last 2 miles fastest.
<b>Thursday</b>	2400	1:20 Spin/Intervals	OFF	H2O Run	S = 600 WU every 4th 50 choice (not freestyle). 4 x 150 (50 K, 100 S) @ 20 RI. 2 x 500 des @ 1:00 RI. 200 WD. B = 20 min spin WU. 5 x 3:00 faster than 40 K race pace @ 5:00 spin RI. 20 Spin WD
<b>Friday</b>	1000 Optional	OFF	10 Steady/Tempo	WTS Optional	S = Optional 1000 easy your choice after run. R= Relaxed and comfortable. Gradually build effort last 3 miles to Tempo pace. Run before swimming
<b>Saturday</b>	2000	2 Hr Group/Tempo	3 + 3 Brick Tempo		B = 20 Min Steady Spin WU, 1:20 Tempo/ Race pace w/ Group. 20 Min spin WD. R = Brick immediately after bike, and immediatley after swim. 2nd run fastest. S= 800 WU Easy, your choice. 3 x 300 P, S, and P/Paddles @ 1:00 RI. 300 easy WD.
<b>Sunday</b>		3 HR (2 hr group, 1 hr solo)	4 Brick Tempo		B = Steady effort with group. Last hr solo. Try not to let avg speed drop. R = Brick quick turnover, light feet, last mile fastest.
<b>Weekly Goal</b>	11,850	8.5 Hrs	32 Miles		
<b>Weekly Actual</b>					