



12-Week

# Training Plan Starting Points





















Swim: 5 minutes

Bike: 20 minutes

Run/Walk: 15 minutes

# 12-week Plan to Completion

## 5' / 20' / 15' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I: Baseline					 5'	 20'	 15'
2: Mar 30	Rest	 15' / 1'	 5'	 15'	 5'	 25'	 20'
3: Apr 6	Rest	 20' / 2'	 10'	 20'	 10'	 30'	 25'
4: Apr 13	Rest	 15'	 10'	Rest	 200 yd	 8 mi	 1.5 mi

h = hours
























' = minutes

yd = yards (use meters if your pool is measured that way)

mi = miles

# 12-week Plan to Completion

5' / 20' / 15' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5: Apr 20	Rest	 20' / 2'	 10'	 20'	 10'	 30'	 25'
6: Apr 27	Rest	 25' / 3'	 15'	 25'	 15'	 40'	 30'
7: May 4	Rest	 30' / 4'	 20'	 30'	 20'	 50'	 35'
8: May 11	Rest	 30'	 20'	Rest	 350 yd	 12 mi	 3 mi

h = hours






















' = minutes

yd = yards (use meters if your pool is measured that way)

mi = miles

# 12-week Plan to Completion

5' / 20' / 15' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9: May 18	Rest	 35' / 4'	 25'	 30'	 25'	 60'	 35'
10: May 25	Rest	 30' / 5'	 20'	Rest	 500 yd	 15 mi / 2 mi	Rest
11: Jun 1	Walk 15'	 35' / 4'	 20'	 20'	 20'	 50'	 30'
12: Jun 8	Rest	 30' / 2'	 15'	 15'	Rest	 15' / 5'	 Race

h = hours

' = minutes

yd = yards (use meters if your pool is measured that way)

mi = miles