



12-Week

Training Plan Starting Points

Swim: 15 minutes

Bike: 40 minutes

Run/Walk: 30 minutes

12-week Plan to Completion

15' / 40' / 30' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I: Baseline					 15'	 40'	 30'
2: Mar 30	Rest	 35' / 1'	 20'	 25'	 20'	 50'	 35'
3: Apr 6	Rest	 40' / 2'	 25'	 30'	 25'	 60'	 40'
4: Apr 13	Rest	 30'	 15'	Rest	 500 yd	 15 mi	 3 mi

h = hours

' = minutes

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

mi = miles

12-week Plan to Completion

15' / 40' / 30' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5: Apr 20	Rest	 40' / 2'	 25'	 30'	 25'	 60'	 40'
6: Apr 27	Rest	 45' / 3'	 30'	 35'	 30'	 70'	 45'
7: May 4	Rest	 50' / 4'	 35'	 40'	 35'	 80'	 50'
8: May 11	Rest	 40'	 20'	Rest	 750 yd	 20 mi	 4 mi

h = hours

' = minutes

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

mi = miles

12-week Plan to Completion

15' / 40' / 30' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9: May 18	Rest	 45' / 4'	 25'	 30'	 30'	 90'	 45'
10: May 25	Rest	 30' / 5'	 25'	Rest	 750 yd	 15 mi / 2 mi	Rest
11: Jun 1	Walk 15'	 45' / 3'	 20'	 20'	 30'	 75'	 35'
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