



**8-Week**

# **Training Plan Starting Points**





















**Swim: 10 minutes**

**Bike: 30 minutes**

**Run/Walk: 25 minutes**

## 8-week Plan to Completion

### 10' / 30' / 25' Baseline

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5: Apr 20	Rest				 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

## 8-week Plan to Completion

10' / 30' / 25' 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