



Olympic: Swim - 0.93mi, Bike - 25mi, Run - 6.2mi

Week:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total (minutes)	Weekly Total (hours)
1	Swim	20	Off			30			200	3.3
	Bike			40				40		
	Run	20			20		30			
2	Swim	20	Off			30			225	3.8
	Bike			45				50		
	Run	30			20		30			
3	Swim	30	Off			30			265	4.4
	Bike			45				60		
	Run	30			30		40			
4	Swim	20	Off			35			215	3.6
	Bike			40				40		
	Run	25			25		30			
5	Swim	30	Off		30				255	4.3
	Bike	40				60				
	Run			25			40	30		
6	Swim	35	Off			40			270	4.5
	Bike	40						70		
	Run			25	30		30			
7	Swim		Off	30				35	285	4.8
	Bike			50		70				
	Run	30			30		40			
8	Swim		Off		30			35	295	4.9
	Bike			80		50		Open Water		
	Run	30				20	50			
9	Swim	35	Off			40			315	5.3
	Bike	60			80					
	Run			35			30	35		
10	Swim	35	Off		30	35			380	6.3
	Bike	35		60				90		
	Run			25		20	50			
11	Swim	30	Off			35			310	5.2
	Bike			50				60		
	Run	30			45		60			
12	Swim	45				40			380	6.3
	Bike		50		50			90		
	Run			35			40	30		
13	Swim	45	Off	Off				35	240	4.0
	Bike		40			60		Open Water		
	Run				30		30			
14	Swim	15		Off	15				75	1.3
	Bike		15					Race!!!		
	Run	15				15				