



Sprint: Swim - 0.6mi, Bike - 12.4mi, Run - 3.1mi

Week:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total (minutes)	Weekly Total (hours)
1	Swim	15	Off			30			180	3.0
	Bike			35				40		
	Run	20			20		20			
2	Swim	15	Off			30			180	3.0
	Bike			35				40		
	Run	20			20		20			
3	Swim	20	Off			30			205	3.4
	Bike			35				45		
	Run	25			20		30			
4	Swim	20	Off			35			210	3.5
	Bike			30				45		
	Run	25			25		30			
5	Swim	20	Off		25				205	3.4
	Bike	30				45				
	Run			25			30	30		
6	Swim	25	Off			30			205	3.4
	Bike	30						45		
	Run			25	30		20			
7	Swim		Off	20				20	160	2.7
	Bike			30		30				
	Run	15			15		30			
8	Swim		Off		20			25	170	2.8
	Bike			30		30		Open Water		
	Run	15				20	30			
9	Swim	25	Off			30			230	3.8
	Bike	35			50					
	Run			35			20	35		
10	Swim	25	Off		30	35			280	4.7
	Bike	35		30				50		
	Run			25		20	30			
11	Swim	30	Off			35			285	4.8
	Bike			45				60		
	Run	30			45		40			
12	Swim	20	Off			20			245	4.1
	Bike	30			35			55		
	Run			25			30	30		
13	Swim	20	Off	Off				20	145	2.4
	Bike					45		Open Water		
	Run				30		30			
14	Swim	15		Off	15			Race!!!	75	1.3
	Bike		15							
	Run	15				15				