

Swim
 Bike
 Run
 BRIC

Week No.	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Apr 10 - Apr 16	SWIM 750m	RUN 4 mi	Rest	BIKE 15 mi	Rest	RUN 8 mi	Rest
2	Apr 17 - Apr 23	SWIM 1000m	RUN 4 mi	Rest	BIKE 15 mi	Rest	RUN 11 mi	Rest
3	Apr 24 - Apr 30	SWIM 1000m	RUN 5 mi	Rest	BIKE 15 mi	Rest	RUN 6 mi	Rest
4	May 1 - May 7	SWIM 1000m	RUN 5 mi	Rest	BIKE 15 mi	Rest	RUN 12 mi	Rest
5	May 8 - May 14	SWIM 1000m	RUN 6 mi	Rest	BIKE 15 mi	Rest	RUN 8 mi	Rest
6	May 15 - May 21	SWIM 1000m	RUN 5 mi	SWIM 1500m	BIKE 20 mi	Rest	RUN 6 mi	Rest
7	May 22 - May 28	SWIM 1000m	RUN 5 mi	SWIM 1500m	BIKE 20 mi	Rest	BAYSHORE	Rest
8	May 29 - Jun 4	SWIM 1200m	RUN 8 mi	SWIM 1500m	BIKE 20 mi	Rest	BIKE / RUN 20 mi / 3 mi	Rest
9	Jun 5 - Jun 11	SWIM 1200m	RUN 5 mi	SWIM 1750m	BIKE 20 mi	Rest	BIKE / RUN 25 mi / 5 mi	Rest
10	Jun 12 - Jun 18	SWIM 1200m	RUN 6 mi	SWIM 1750m	BIKE 20 mi	Rest	BIKE / RUN 25 mi / 6 mi	Rest
11	Jun 19 - Jun 25	SWIM 1200m	RUN 8 mi	SWIM 1750m	BIKE 20 mi	Rest	BIKE / RUN 30 mi / 5 mi	Rest
12	Jun 26 - Jul 2	SWIM 1200m	RUN 10 mi	SWIM 1750m	BIKE 25 mi	Rest	BIKE 35 mi	Rest
13	Jul 3 - Jul 9	SWIM 1200m	OLYMPIC/ SPRINT TRI	SWIM 1750m	Rest	Rest	BIKE / RUN 30 mi / 6 mi	Rest
14	Jul 10 - Jul 16	SWIM 1200m	RUN 6 mi	SWIM 2000m	BIKE 25 mi	Rest	BIKE / RUN 35 mi / 6 mi	Rest
15	Jul 17 - Jul 23	SWIM 1200m	HOTTEST DAY 5K	SWIM 2000m	BIKE 25 mi	Rest	BIKE 40 mi	Rest
16	Jul 24 - Jul 30	SWIM 1200m	RUN 7 mi	SWIM 2000m	BIKE 25 mi	Rest	BIKE / RUN 40 mi / 6 mi	Rest
17	Jul 31 - Aug 6	SWIM 1200m	RUN 8 mi	SWIM 2000m	BIKE 25 mi	Rest	BIKE / RUN 40 mi / 8 mi	Rest
18	Aug 7 - Aug 13	SWIM 1200m	RUN 9 mi	SWIM 2200m	BIKE 25 mi	Rest	BIKE 40 mi	Rest
19	Aug 14 - Aug 20	SWIM 1200m	RUN 10 mi	SWIM 2200m	BIKE 25 mi	Rest	BIKE / RUN 45 mi / 8 mi	Rest
20	Aug 21 - Aug 27	SWIM 1200m	RUN 13.1 mi	SWIM 2000m	BIKE 25 mi	Rest	BIKE 56 mi	Rest
21	Aug 28 - Sep 3	SWIM 1000m	RUN 5 mi	SWIM 1500m	BIKE 25 mi	Rest	BIKE / RUN 50 mi / 10 mi	Rest
22	Sep 4 - Sep 10	SWIM 1000m	RUN 3 mi	SWIM 2000m	BIKE 20 mi	Rest	BIKE / RUN 25 mi / 2 mi	Rest
23	Sep 11 - Sep 17	SWIM 1000m	RUN 3 mi	SWIM 1500m	BIKE 15 mi	Rest	Rest	