

Olympic Training Guide

Week	Day	Swim	Bike	Run
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	300 yds a.m.		3 miles p.m.
	Wed		8 miles	
	Thur	300 yds a.m.		2 miles p.m.
	Fri			
	Sat			3 miles a.m.
	Sun		10 miles a.m.	
6/4				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	300 yds a.m.		3 miles p.m.
	Wed		10 miles	
	Thur	500 yds a.m.		3 miles p.m.
	Fri		8 miles	
	Sat			4 miles a.m.
	Sun		10 miles a.m.	
6/11				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	500 yds a.m.		3.5 miles p.m.
	Wed		10 miles	
	Thur	500 yds a.m.		3 miles p.m.
	Fri		10 miles	
	Sat			5 miles a.m.
	Sun		12 miles a.m.	
6/18		Recovery Week	Recovery Week	Recovery Week
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	300 yds a.m.		3 miles p.m.
	Wed		8 miles	
	Thur	300 yds a.m.		3 miles p.m.
	Fri		8 miles	
	Sat			3 miles a.m.

	Sun		10 miles a.m.	
6/25				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	500 yds a.m.		4 miles p.m.
	Wed		10 miles	
	Thur	750 yds a.m.		3 miles p.m.
	Fri		10 miles	
	Sat			5 miles a.m.
	Sun		15 miles a.m.	
7/2				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	750 yds a.m.		4 miles p.m.
	Wed		15 miles	
	Thur	750 yds a.m.		3 miles p.m.
	Fri		10 miles	
	Sat			6 miles a.m.
	Sun		15 miles a.m.	
7/9				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	750 yds a.m.		4 miles p.m.
	Wed		15 miles	
	Thur	1000 yds a.m.		3.5 miles p.m.
	Fri		10 miles	
	Sat			6 miles a.m.
	Sun		20 miles a.m.	
7/16		Recovery Week	Recovery Week	Recovery Week
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	500 yds a.m.		3 miles p.m.
	Wed		10 miles	
	Thur	500 yds a.m.		
Brick	Fri		10 miles	3 miles
	Sat	1000 yds optional p.m		5 miles a.m.
	Sun		15 miles a.m.	

7/23				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	1000 yds a.m.		4 miles p.m
	Wed		15 miles	
	Thur	1250 yds a.m.		4 miles p.m
	Fri		15 miles	
	Sat	1000 yds optional p.m		6 miles a.m
	Sun		25 miles a.m.	
7/30				
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	1250 yds a.m		5 miles p.m
	Wed		20 miles	
	Thur	1500 yds a.m		
Brick	Fri		15 miles	4 miles
	Sat	1000 yds optional p.m		7 miles a.m
	Sun		30 miles a.m.	
8/6		Race Week	Race Week	Race Week
	Mon	DAY OFF	DAY OFF	DAY OFF
	Tue	1500 yds		6 miles
	Wed		30 miles	
	Thur	1000 yds		3 miles
	Fri	DAY OFF	DAY OFF	DAY OFF
Brick	Sat		5 Miles	2 Miles
	SUN	RACE!	RACE!	RACE!