



12 Week Triathlon Training Program

A complete workout schedule to get you in top shape for an Olympic distance triathlon!

“The will to succeed means nothing without the will to prepare.”

1st Month

Follow this schedule to make the most of your first 4 weeks of training!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 Min. Run <input type="checkbox"/> (3-4)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	60 Min. Bike <input type="checkbox"/> (5-7) 10 Min. Run* <input type="checkbox"/>	40 Min. Run <input type="checkbox"/> (2-4)	35 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	90 Min. Bike <input type="checkbox"/> (2-4)	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 2	40 Min. Run <input type="checkbox"/> (5-6)	35 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	70 Min. Bike <input type="checkbox"/> (5-7)	45 Min. Run <input type="checkbox"/> (2-4)	40 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	105 Min. Bike <input type="checkbox"/> (2-4)	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 3	45 Min. Run <input type="checkbox"/> (3-4)	40 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	75 Min. Bike <input type="checkbox"/> (5-7) 10 Min. Run* <input type="checkbox"/>	50 Min. Run <input type="checkbox"/> (2-4)	45 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	120 Min. Bike <input type="checkbox"/> (2-4)	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 4	30 Min. Run <input type="checkbox"/> (5-6)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	55 Min. Bike <input type="checkbox"/> (6-8)	40 Min. Run <input type="checkbox"/> (2-4)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	90 Min. Bike <input type="checkbox"/> (2-4)	Active Rest Day Yoga/Stretching <input type="checkbox"/>



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“Every accomplishment starts with a decision to try.”

2nd Month

You're off to a strong start! Keep checking off your workouts everyday as you push through your second month of training.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	45 Min. Run <input type="checkbox"/> (3-4)	45 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	70 Min. Run <input type="checkbox"/> (6-8)	60 Min. Run <input type="checkbox"/> (2-4)	45 Min. Swim <input type="checkbox"/>	120 Min. Bike <input type="checkbox"/> (2-4) 15 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 6	50 Min. Run <input type="checkbox"/> (5-6)	50 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	80 Min. Bike <input type="checkbox"/> (5-7)	70 Min. Run <input type="checkbox"/> (2-4)	50 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	120 Min. Bike <input type="checkbox"/> (2-4) 20 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 7	55 Min. Run <input type="checkbox"/> (3-4)	55 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	80 Min. Bike <input type="checkbox"/> (5-7) 10 Min. Run* <input type="checkbox"/>	80 Min. Run <input type="checkbox"/> (2-4)	55 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	135 Min. Bike <input type="checkbox"/> (2-4) 25 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 8	30 Min. Run <input type="checkbox"/> (5-6)	45 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	50 Min. Bike <input type="checkbox"/> (6-8)	40 Min. Run <input type="checkbox"/> (2-4)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	90 Min. Bike <input type="checkbox"/> (2-4)	Active Rest Day Yoga/Stretching <input type="checkbox"/>

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"The difference between the impossible and the possible lies in determination."

3rd Month

1 month to go until race day! Stick to your training schedule & finish strong.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	60 Min. Run <input type="checkbox"/> (4-5)	60 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	60 Min. Bike <input type="checkbox"/> (5-7) 15 Min. Run* <input type="checkbox"/>	120 Min. Run <input type="checkbox"/> (2-4)	45 Min. Swim <input type="checkbox"/>	150 Min. Bike <input type="checkbox"/> (2-4) 20 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 10	60 Min. Run <input type="checkbox"/> (4-5)	60 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	70 Min. Bike <input type="checkbox"/> (5-7)	90 Min. Run <input type="checkbox"/> (2-4)	45 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	180 Min. Bike <input type="checkbox"/> (2-4) 20 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 11	45 Min. Run Intervals <input type="checkbox"/> (6-7)	45 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	55 Min. Bike <input type="checkbox"/> (6-8) 10 Min. Run* <input type="checkbox"/>	30 Min. Run <input type="checkbox"/> (2-4)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	90 Min. Bike <input type="checkbox"/> (2-4) 20 Min. Run* <input type="checkbox"/>	Active Rest Day Yoga/Stretching <input type="checkbox"/>
Week 12	30 Min. Run Intervals <input type="checkbox"/> (5-6)	30 Min. Swim <input type="checkbox"/> Toning Workout <input type="checkbox"/>	45 Min. Bike <input type="checkbox"/> (6-8)	OFF	20 Min. Swim <input type="checkbox"/> 20 Min. Run <input type="checkbox"/>	OFF	RACE DAY!!!