

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Strength	Run 30 min	Bike 45 Strength	Swim 20 Run 25	Rest	Run 30 min	Swim 30 Run 30
2	Strength	Bike 30 Run 15	Swim 15 Run 30	Run 30 Strength	Rest	Run 35 min	Swim 30 Bike 30
3	Strength	Run 35 min	Bike 50 Strength	Swim 30 Run 20	Rest	Run 40 min	Swim 30 Run 45
4	Strength	Bike 40 Run 10	Swim 30 Run 15	Run 30 Strength	Rest	Run 45 min	All 3 90 Min
5	Strength	Run 40 min	Bike 30 Strength	Swim 30 Run 25	Rest	Run 50 min	Swim 30 Run 45
6	Strength	Bike 40 Run 15	Swim 15 Run 40	Run 40 Strength	Rest	Run 55 min	Swim 30 Bike 60
7	Strength	Run 45 min	Bike 40 Strength	Swim 30 Run 30	Rest	Run 60 min	Swim 30 Run 60
8	Strength	Bike 30 Run 30	Swim 30 Run 30	Run 30	Rest	Rest	Triathlon