



LOOK & WRITE : an athlete's schedule

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Week	Emphasis	Mon	Tue	Wed	Thu	Fri	Sat
1	Bike	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 10x50m 60 sec rest	Bike 30-40 min Outdoor or Trainer	Rest	Swim Open Water 400m or 20 min	Bike Steady State 30-60 min
2	Run	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 12x50m 60 sec rest	Bike 30-40 min Outdoor or Trainer	Rest	Swim Open Water 400m or 20 min	Run Steady State 30-45 min
3	Bike	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 4x50 m, 2x100m, 4x50m 45 sec rest	Bike 45-60 min	Rest	Swim Open Water 400m or 20 min	Bike Steady State 45-75 min
4	Run	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 4x50 m, 4x100m, 4x50m 60 sec rest	Bike 45-60 min	Tempo Run 2-4 miles	Swim Open Water	Run Steady State
5	Bike	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 4x50 m, 4x100m, 4x50m 45 sec rest	Bike 45-60 min (intervals or hill repeats) Outdoor or Trainer	Tempo Run 2-4 miles	Swim Open Water	Bike Steady State
6	Run	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 4x50 m, 1x100m, 2x200m, 1x100m 60 sec rest	Bike 45-60 min (intervals or hill repeats) Outdoor or Trainer	Tempo Run 2-4 miles Alt: Strength Train	Swim Open Water 600 m or 30 min	Brick 20 min Bike + 30 min run
7	Bike	Strength Training Boot Camp/Yoga 60 min	Swim (Pool) 4x50 m, 2x100m, 1x200m, 1x300m, 1x100m 60 sec rest	Bike 45-60 min (intervals or hill repeats) Outdoor or Trainer	Tempo Run 2-4 miles Alt: Strength Train	Swim Open Water 800 m or 45 min	Brick 45 min Bike + 15 min run
8	Race Prep	Strength Training Boot Camp/Yoga 60 min	Brick: Swim-Run 4x50m, 3x300m 90 sec rest	Brick: Bike-Run 10 min bike + 800m run (x3) Outdoor or Trainer	Rest	Swim Open Water 800 m or 45 min	Brick: Bike-Run 60 min Bike + 15 min run Practice Transition



On Monday...

They always do strength training.

On Saturday...

They often/frequently run.

They never swim.

On Tuesday...

They never swim in open water.

They always swim in a pool.

On Thursday...

They sometimes/often rest.

They sometimes/often run.

On Wednesday...

They never rest.

