

MAY	1st - 8th	9th - 15th	16th - 22nd	23rd - 29th	JUNE	May 30th - 5th (Rest Week)	
Monday	Swim - 30 Bike - #1	Swim - 60	Swim - 60 Circuit Class- 40	Swim - 60 Run - #4	Monday	Swim - 60 Run - 2a or 2b	<b>Bike Programs</b> 1- Med/Long (30 min): 3 min. equal interval (easy, hard, med) @ 18-21 mph 2- Short (15 min): Med/Hard Tempo @ 18-25 mph
Tuesday	OFF	OFF	Run - 2 mi	OFF	Tuesday	OFF	3- Med (20-25 min): Med/Hard equal interval (i.e.- 2:00/2:00)
Wednesday	Swim - 60 Run - 2 mi	Swim - 60 Bike - 20 min	OFF	Swim - 60 Bike - #1	Wednesday	Swim - 60 Bike - #2	4- Long (40+ min): Tempo (outside)
Thursday	Circuit Class	Run - 2 mi Circuit Class	Run - #5 Circuit Class	Circuit Class	Thursday	Run - #1 Circuit Class	5- Full/Almost Full: Distance for Time
Friday	Swim - 60	Swim - 60	Swim - 60	Swim - 60	Friday	Swim - 60	
Saturday	Hiking - 5 mi	Bike - 7 mi	Bike - #4	BRICK: Bike - #5 Run - 1 mi	Saturday	Bike - #4	
Sunday	OFF	OFF	OFF	OFF	Sunday	OFF	<b>Running Programs</b> 1- Increasing Speed (12-20 min): Equal intervals w/ increased speed 0.5-1.0mph ea interval 2a- Speed Intervals (15-25 min): Fartleks (mod/fast) 2b- Hill Intervals (15-25 min): Fartleks (no hill/hill) 3- Combos: Alternating running w/ 1-2 other pieces of equipment (Jacobs, Helix, Stairs, Row, Climber, Rope) 4- Tempo (2-4 miles): Constant tempo at race pace w/ 1-2% incline 5- Cross Train: Elliptical tempo (forward & backward)

JUNE	6th - 12th	13th - 19th	20th - 26th	27th - July 4th (Taper Down)	JULY	5th - 10th (Race Week!)	
Monday	Swim - 60 Bike - #3	Swim - 60 Run - #4	Swim - 60 Run - #3	Swim - 60 Bike - #2	Monday	Easy Swim - 30-60 Short Easy Bike - #2	
Tuesday	Run - 2.5 mi	OFF	OFF	Run - 2.0-2.5 mi	Tuesday	OFF	
Wednesday	OFF	Swim - 60 Bike - #1	Swim - 60 Bike - #2	OFF	Wednesday	Easy Swim - 30-60 Short Run - 12-15 min	
Thursday	Run - #5 Circuit Class	Run - #1 Circuit Class	Run - #5 Circuit Class	Run - #1 Circuit Class	Thursday	Circuit Class	
Friday	Swim - 60	Swim - 60	Swim - 60	Swim - 60	Friday	Run - 15 min/OFF	
Saturday	Bike - #4	Bike - #4	BRICK: Bike - #5 Run - 1.5-2.0 mi	Bike - #4	Saturday	OFF	
Sunday	OFF	OFF	OFF	OFF	Sunday	RACE !!!	