

12-WEEK TRAINING PLAN

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEKS 5, 6 AND 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Ease into it.	Be brave.	Consistency is key.	Recovery Week	Here we go!	Recovery Week	Home stretch.	Go girl.	Almost there!	Taper
Swim 1-2 times 200-300 meters (over two workouts)	Swim 2 times 300-400 meters each workout	Swim 2 times 400 meters each workout	Swim 1 time 400 meters	Swim 2 times 500 meters each workout	Swim 1 time 500 meters	Race day is a few weeks away—wahoo!	Swim 2 times 800 meters each workout	Swim 2 times 800 meters each workout	This is like a recovery week, so you are rested for race day.
Bike 2 times 30 minutes (a minimum of 5 miles) each workout <i>Nice and easy.</i>	Bike 2 times 45 minutes (or 8 miles) each workout	Bike 2 times 50 minutes (or 10 miles) each workout	Bike 1 time 30 minutes (or 8 miles)	Bike 2 times 60 minutes (or 12 miles) each workout	Bike 1 time 40 minutes (or 11 miles)		Bike 2-3 times 80 minutes (or 18 miles) each workout	Bike 3 times 60 minutes (or 15 miles) for two workouts; 90 minutes (or 20 miles) one workout	Swim 1-2 times Easy workouts
Run 2 times 1 mile each workout <i>Whether this is a walk or a run, that's okay. Do a mile at your pace!</i>	Run 2 times 1 mile each workout	Run 2 times 1-2 miles each workout	Run 1 time 1 mile	Run 2 times 2 miles each workout	Run 1 time 2 miles (run or walk)		Run 3 times 2-5 miles each workout, with at least one 3 miles	Run 3 times 2-5 miles each workout, with at least one 3 miles	Bike 2 times Less than 20-30 minutes each workout
				Brick Workout After one cycling workout, run 5-10 minutes immediately after you get off the bike.			Brick Workout After one cycling workout, run 15-25 minutes immediately after you get off the bike.	Brick Workout After one cycling workout, run 20-30 minutes immediately after you get off the bike.	Bonus: A few days before the race, make sure you have everything you need, practice transitions and visualize your race success.
					Open Water Swim You <i>must</i> get in the open water to swim if your race will take place in an outside body of water. If you will require a wetsuit, swim in it. Go with a friend (safety first!), and be patient with yourself.		Open Water Swim One swim in race-like swimming conditions.	Open Water Swim One swim in race-like swimming conditions.	

Big-Time Runner?
Feel free to keep your running routine intact and just follow the swim and bike.



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