



MILTRI

MILLENNIUM TRIATHLON

OLYMPIC TRAINING GUIDE

To start the 12 week Olympic Triathlon program, it is recommended that you are able to consistently sustain the following: 30min swim, 45min bike, 30min run. This training program should be used as a guideline only and be adjusted to your work/life schedule.

WEEK:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	Swim-30	Bike-45	Run-30	Off	Swim-30 Run-30	Bike-50
2	Off	Swim-30	Bike-45	Run-30	Off	Swim-30 Run-35	Bike-60
3	Off	Swim-35	Bike-50	Run-35	Off	Swim-35 Run-35	Bike-60 Run-20
4 Recovery Week	Off	Swim-35	Bike-50	Run-35	Off	Swim-30 Run-30	Bike-60
5	Off	Swim-40	Bike-60	Run-40	Off	Swim-35 Run-35	Bike-75 Run-20
6	Off	Swim-40	Bike-60	Run-45	Off	Swim-40 Run-40	Bike-80 Run-25
7	Off	Swim-45 Run-30	Bike-60	Run-50	Off	Swim-45 Open Water Run-45	Bike-90 Run-30
8 Recovery Week	Off	Swim-45	Bike-60	Run-50	Off	Swim-30 Run-30	Bike-60
9	Off	Swim-50 Bike-60	Run-60	Bike-75	Off	Swim-45 Open Water Run-60	Bike-120 Run-20
10	Off	Swim-50 Run-45	Bike-90	Run-60	Off	Swim-45 Bike-30	Swim-10 Bike-75 Run-30 Practice Transitions
11 Taper Week	Off	Swim-45	Bike-60	Run-45	Off	Swim-45 Open Water	Bike-60 Run-30
12 Taper Week	Swim-25	Bike-40 Run-20	Off	Swim-15	Bike 20 Run 10	Race	