

	Steady or OWS s+F2+B+B2:B34	Run - speed	Swim - speed	Bike/Run Brick	Adaptation Day!	Trail Run	Gravel Ride
1	8/1/2022	8/2/2022	8/3/2022	8/4/2022	8/5/2022	8/6/2022	8/7/2022
	Steady swim	25 mins run	1000m total	Brick Bike/Run	Rest Day	Steady Run Trail or Hike	Gravel Ride
	15 mins	WU/CD: 5 mins each easy	2x50 kickboard	30 min bike		30 mins	45 mins with
	open water	5x1 min fast	10x100 alt. hard/easy	10 min run			2x3 min hard efforts
	if possible	run easy 2 mins between	45 sec rest				
2	8/8/2022	8/9/2022	8/10/2022	8/11/2022	8/12/2022	8/13/2022	8/14/2022
	Steady swim	30 mins run	1200m total	Brick Bike/Run	Rest Day	Steady Run Trail or Hike	Gravel Ride
	18 mins	WU/CD: 5 mins each easy	2x50 kickboard	30 min bike		30 mins	45-60 mins with
	open water	5x1 min fast (RI 60s)	4x50 4x100 2x200	10 min run			3x3 min hard efforts
	if possible	4x2 min fast (RI 90s)	45 sec rest				
3	8/15/2022	8/16/2022	8/17/2022	8/18/2022	8/19/2022	8/20/2022	8/21/2022
	Steady swim	30 mins run	1400m total	Brick Bike/Run	Rest Day	Steady Run Trail or Hike	Gravel Ride
	20 mins	WU/CD: 5 mins each easy	2x50 kickboard	45 min bike		40 mins	60 mins with
	open water	5x1 min fast (RI 60s)	4x50 4x100 4x200	10 min run			4x3 min hard efforts
	if possible	4x2 min fast (RI 90s)	45 sec rest				
4	8/22/2022	8/23/2022	8/24/2022	8/25/2022	8/26/2022	8/27/2022	8/28/2022
RECOVER	rest or	Easy run	1000m total	Brick Bike/Run	Rest Day	Steady Run or Hike	Gravel Ride
	15 mins	25 mins	2x50 kickboard	30 min bike		30 mins	45-60 mins
	open water		10x100 alt. hard/easy	10 min run			
			45 sec rest				
5	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022	9/3/2022	9/4/2022
	Steady swim	Hilly Run	1500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	20 mins	30 mins	2x50 kickboard	45 min bike		40 mins or 3.5 miles	75 mins with
	open water	run the hills hard!	3x100 4x300	15 min run			5x3 min hard efforts
		Or 3-5 repeats of one hill	45 sec rest				
6	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022	9/10/2022	9/11/2022
	Steady swim	30 mins run	1500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	25 mins	WU/CD: 5 mins each	2x50 kickboard	45 min bike		45 mins or 4 miles	75 mins with
	open water	6x1 min hard (RI 60s)	3x100 3x400	15 min run			5x3 min hard efforts
		3x3 min hard (RI 90s)	45 sec rest				
7	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022	9/17/2022	9/18/2022
	Steady swim	30 mins	1500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	25-30 mins	WU/CD: 5 mins each	2x50 kickboard	60 min bike		30 mins or 3 miles	12-15 miles
	open water	6x1 min hard (RI 60s)	3x100 3x400	15 min run			
	practice sighting	3x3 min hard (RI 90s)	45 sec rest				Ride course?
8	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022	9/25/2022
Taper	Rest or	22 min	20m steady	Brick Bike/Run	Rest Day	Shake out Run	RACE DAY!
	swim 20 mins	easy run fast finish	open water	30 min bike		15 mins	
	race pace	last 2 mins hard!		10 min run			Execute your training!

This training plan is designed for educational purposes and not for an individual. Consult with a health care professional before starting an exercise program.

RI = rest interval

WU/CD = warm up and cool down

DR = drills ([www.stuartcoaching.com/drills](http://www.stuartcoaching.com/drills))

This plan is appropriate for beginners.

	Steady or OWS	Run - speed	Swim - speed	Bike/Run Brick	Adaptation Day!	Trail Run	Gravel Ride
1	8/1/2022	8/2/2022	8/3/2022	8/4/2022	8/5/2022	8/6/2022	8/7/2022
	Steady swim	25 mins run	1500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	20 mins	WU/CD: 5 mins each easy	200 WU + 4x25 DR	45 min bike		45 mins or 4 miles	75 mins with
	open water	5x1 min fast	8x50 6x100 easy evens	10 min run			3x3 min hard efforts
	if possible	run easy 2 mins between	10-30 sec RI - 200 CD				
2	8/8/2022	8/9/2022	8/10/2022	8/11/2022	8/12/2022	8/13/2022	8/14/2022
	Steady swim	30 mins run	1700m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	25 mins	WU/CD: 5 mins each easy	200 WU	45 min bike		45 mins or 4 miles	75 mins with
	open water	5x1 min fast (RI 60s)	8x25 6x50 4x100 2x200	10 min run			3x3 min hard efforts
	if possible	4x2 min fast (RI 90s)	10-30 sec RI - 200 CD				
3	8/15/2022	8/16/2022	8/17/2022	8/18/2022	8/19/2022	8/20/2022	8/21/2022
	Steady swim	30 mins run	1900m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	30 mins	WU/CD: 5 mins each easy	200 WU + 4x25 DR	60 min bike		60 mins or 5 miles	90 mins with
	open water	5x1 min fast (RI 60s)	4x25 4x50 4x100 4x200	15 min run			4x3 min hard efforts
	if possible	4x2 min fast (RI 90s)	30 sec RI - 200 CD				
4	8/22/2022	8/23/2022	8/24/2022	8/25/2022	8/26/2022	8/27/2022	8/28/2022
RECOVER	rest or	Easy run	1500m total	Brick Bike/Run	Rest Day	Steady Run or Hike	Gravel Ride
	20 mins	40 mins	200 WU + 4x25 DR	45 min bike		30 mins	45-60 mins
	open water		10x100 alt. hard/easy	10 min run			
			20 sec RI - 200 CD				
5	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022	9/3/2022	9/4/2022
	Steady swim	Hilly Run	2200m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	35 mins	45 mins	200 WU + 4x25 DR	60 min bike		75 mins or 6 miles	90-120 mins with
	open water	run the hills hard!	5x100 RI 20s 4x300 RI 60s	15 min run			5x3 min hard efforts
		Or 3-5 repeats of one hill	30 sec RI - 200 CD				
6	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022	9/10/2022	9/11/2022
	Steady swim	40 mins run	2500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	40 mins	WU/CD: 10 mins each	200 WU + 4x25 DR	75 min bike		90 mins or 7 miles	2 hours with
	open water	6x1 min hard (RI 60s)	6x100 RI 20s 3x400 RI 60s	15 min run			5x5 min harder efforts
		3x3 min hard (RI 2min)	200 CD				
7	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022	9/17/2022	9/18/2022
Taper	Steady swim	40 mins	2500m total ES	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	45 mins	WU/CD: 10 mins each	200 WU + 4x25 DR	90 min bike		75 mins or 6 miles	2 hours or
	open water	6x1 min hard (RI 60s)	6x100 3x500	20 min run			25-30 miles
	practice sighting	3x3 min hard (RI 90s)	45 sec RI - 200 CD				Ride course?
8	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022	9/25/2022
Taper	Rest or	35 min	20 mins	Brick Bike/Run	Rest Day	Shake out Run	RACE DAY!
	swim 20 mins	easy run fast finish	open water	45 min bike		15 mins	
	race pace	last 2 mins hard!		10 min run			Execute your training!

Move sessions as needed. Double up a swim with a bike or run anytime. A sprint tri would fit well in weeks 5 or 6.

RI = rest interval

WU/CD = warm up and cool down

DR = drills ([www.stuartcoaching.com/drills](http://www.stuartcoaching.com/drills))

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This plan assumes a base level of fitness to start and is not intended for absolute beginners.

	Swim + Bike	Run - speed	Swim - speed	Bike/Run Brick	Adaptation Day!	Trail Run	Gravel Ride
1	8/1/2022	8/2/2022	8/3/2022	8/4/2022	8/5/2022	8/6/2022	8/7/2022
	Steady swim - 30m	38 mins run	1500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
		WU/CD: 10 mins each easy	200 WU + 4x25 DR	45 min bike		45 mins or 4 miles	75 mins with
	SS Tempo Ride 60m	6x1 min fast	8x50 6x100 easy evens	15 min run			3x3 min hard efforts
	3x15m (RI 5m)	run easy 2 mins between	10-30 sec RI - 200 CD				
2	8/8/2022	8/9/2022	8/10/2022	8/11/2022	8/12/2022	8/13/2022	8/14/2022
	Steady swim - 30m	40 mins run	1700m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
		WU/CD: 10 mins each easy	200 WU	45 min bike		60 mins or 5 miles	75 mins with
	SS Tempo Ride 60m	5x1 min fast (RI 60s)	8x25 6x50 4x100 2x200	15 min run			3x3 min hard efforts
	3x15m (RI 5m)	4x2 min fast (RI 90s)	10-30 sec RI - 200 CD				
3	8/15/2022	8/16/2022	8/17/2022	8/18/2022	8/19/2022	8/20/2022	8/21/2022
	Steady swim - 40m	46 mins run	1900m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
		WU/CD: 10 mins each easy	200 WU + 4x25 DR	60 min bike		75 mins or 6 miles	90 mins with
	SS Tempo Ride 75m	6x1 min fast (RI 60s)	4x25 4x50 4x100 4x200	20 min run			4x3 min hard efforts
	4x15m (RI 5m)	4x2 min fast (RI 90s)	30 sec RI - 200 CD				
4	8/22/2022	8/23/2022	8/24/2022	8/25/2022	8/26/2022	8/27/2022	8/28/2022
Recover	rest or	Easy run	1500m total	Brick Bike/Run	Rest Day	Steady Run or Hike	Gravel Ride
	30 mins swim	45 mins	200 WU + 4x25 DR	45 min bike		45 mins	60-90 mins
	45 mins easy bike		10x100 alt. hard/easy	15 min run			
			20 sec RI - 200 CD				
5	8/29/2022	8/30/2022	8/31/2022	9/1/2022	9/2/2022	9/3/2022	9/4/2022
	Steady swim - 40m	Hilly Run	2200m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
		60 mins	200 WU + 4x25 DR	60 min bike		90 mins or 8 miles	2-2.5 hours with
	SS Tempo Ride 75m	run the hills hard!	5x100 RI 20s 4x300 RI 60s	15 min run			5x5 min hard efforts
	4x15m (RI 5m)	Or 3-5 repeats of one hill	30 sec RI - 200 CD				
6	9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022	9/10/2022	9/11/2022
	Steady swim - 45m	50 mins	2500m total	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
		WU/CD: 10 mins each	200 WU + 4x25 DR	75 min bike		2 hours or 10 miles	3 hours with
	SS Tempo Ride 90m	8x1 min hard (RI 60s)	6x100 RI 20s 3x400 RI 60s	20 min run			5x10 min harder efforts
	3x20m (RI 8m)	4x3 min hard (RI 90s)	200 CD				
7	9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022	9/17/2022	9/18/2022
Taper	Steady swim - 50	50 mins	2500m total ES	Brick Bike/Run	Rest Day	Steady Run Trail	Gravel Ride
	practice sighting	WU/CD: 10 mins each	200 WU + 4x25 DR	90 min bike		90 mins or 8 miles	2 hours or
	SS Tempo Ride 90m	8x1 min hard (RI 60s)	6x100 3x500	30 min run			30-35 miles
	2x30m (RI 10m)	4x3 min hard (RI 90s)	45 sec RI - 200 CD				Ride course?
8	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022	9/25/2022
Taper	Rest or	5 min ER or walk	20 mins	Brick Bike/Run	Rest Day	Shake out Run	RACE DAY!
	swim 30 mins race pace	easy run fast finish	open water	45 min bike		15 mins	
	45 mins easy bike	last 2 mins hard!		15 min run			Execute your training!

Move sessions as needed. Double up a swim with a bike or run anytime. A olympic tri would fit well in weeks 5 or 6.

RI = rest interval

WU/CD = warm up and cool down

DR = drills ([www.stuartcoaching.com/drills](http://www.stuartcoaching.com/drills))

SS Tempo - sweet spot tempo intervals performed at the top end of zone 3 (not too hard, but not too easy)

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This plan assumes a base level of fitness to start and is not intended for absolute beginners.