

HYBRID 100K/SPRINT TRIATHLON TRAINING PLAN - 6 MONTHS

START DATE: APRIL 30, 2018

							<i>Swap Sat/Sun Schedule As Needed</i>	
WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	04/30/2018 - 05/06/2018	Rest Day	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 m run	1 hr swim/1 hr cycle	Rest Day	Long 6 m run
2	05/07/2018 - 05/13/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Rest Day	1 hr swim/1 hr cycle	Rest Day	Long 7 m run
3	05/14/2018 - 05/20/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 miles run	1 hr swim/1 hr cycle	Rest Day	Long 7 m run
4	05/21/2018 - 05/27/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Rest Day	1 hr swim/1 hr cycle	Rest Day	Long 8 m run
5	05/28/2018 - 06/03/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 miles run	1 hr swim/1 hr cycle	Rest Day	Long 9 m run
6	06/04/2018 - 06/10/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Rest Day	1 hr swim/1 hr cycle	Rest Day	Long 9.3 m run
7	06/11/2018 - 06/17/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 m run	1 hr swim/1 hr cycle	Easy 4.5 m run	Long 10 m run
8	06/18/2018 - 06/24/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Rest Day	1 hr swim/1 hr cycle	Easy 4.5 m run	Long 12 m run
9	06/25/2018 - 07/01/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 m run	1 hr swim/1 hr cycle	Easy 4.5 m run	Long 12.5 m run
10	07/02/2018 - 07/08/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Rest Day	1 hr swim/1 hr cycle	Easy 6.2 m run	Long 13.5 m run
11	07/09/2018 - 07/15/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	Rest Day	Fast 4.5 m run	1 hr swim/1 hr cycle	Easy 6.2 m run	Long 15 m run
12	07/16/2018 - 07/22/2018	30 m gym/30 m swim/30 m cycle	30 m gym/30 m swim/30 m cycle	1 hr swim	Long 16 m run	Rest Day	NJ State Tri - Race Day	Rest Day
13	07/23/2018 - 07/29/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 4.5 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 17.5 m run
14	07/30/2018 - 08/05/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Rest Day	1 hr gym/45 m yoga	Easy 6.2 m run	Long 18.5 m run
15	08/06/2018 - 08/12/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 4.5 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 20.5 m run
16	08/13/2018 - 08/19/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Rest Day	1 hr gym/45 m yoga	Easy 6.2 m run	Long 22.5 m run
17	08/20/2018 - 08/26/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 24 m run
18	08/27/2018 - 09/02/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 26 m run
19	09/03/2018 - 09/09/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 9.3 m run	Long 28 m run
20	09/10/2018 - 09/16/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 9.3 m run	Long 30 m run
21	09/17/2018 - 09/23/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 9.3 m run	Long 31 m run
22	09/24/2018 - 09/30/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 37 m run
23	10/01/2018 - 10/07/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 9.3 m run	Long 25 m run
24	10/08/2018 - 10/14/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 18.75 m run

25	10/15/2018 - 10/22/2018	30 m gym/30 m swim/30 m cycle	30 m - 1 hour opt. fitness day	Rest Day	Fast 6.2 m run	1 hr gym/45 m yoga	Easy 6.2 m run	Long 9.3 m run
26	10/23/2018 - 10/28/2018	Rest Day	30 m gym	Easy 3.1 m run	Rest Day	1.5 m run	Race Starts	Run Until Done