

Olympic Distance Triathlon Training Program (from a Sprint Base)

Wasaga Beach - September 6, 2014

Week	Saturday Long Run/Swim	Sunday Long Ride	Monday Short Ride/Run	Tuesday Optional Weight Training	Wednesday	Thursday Short Swim/Run	Friday Optional Ride
1 - July 5	7km/1500m	30km	20km/5km	WT	Rest	1200m/5km 5x400m repeats	30km
2 - July 12	8km/1500m	33km	20km/5km	WT	Rest	1200m/5km 3 x hill repeats	30km
3 - July 19	9km/1800m	36km	20km/5km	WT	Rest	1200m/5km 6x400m repeats	35km
4 - July 26	10km/1800m	40km	20km/5km	WT	Rest	1200m/5km 4 x hill repeats	35km
5 - Aug 2 <i>(Recovery)</i>	8km/1500m	33km	15km/5km	WT	Rest	1200m/5km	30km
6 - Aug 9	11km/2100m	45km	25km/5km	WT	Rest	1500m/6km 7 x 400m repeats	40km
7 - Aug 16	12km/2100m	50km	25km/5km	WT	Rest	1500m/6km 5 x hill repeats	40km
8 - Aug 23	13km/2400m	55km	25km/5km	WT	Rest	1500m/7km 8 x 400m repeats	45km
9 - Aug 30 <i>(Taper)</i>	8km/1200m	30km	15km/5km	WT	Rest	1500m/5km	20km
10 - Sept 6	Race Day	Rest	Easy 5km Run	-	-	Easy 5km Run	