

# 12 Week Olympic Distance Training Plan

Week	Monday	Tuesday	Wednesday	Thursdays	Friday	Saturday	Sunday
1	Rest	Swim Effort: Easy Time: 30 minutes.	Bike Effort: Moderate Time: 30 minutes	Run Effort: Easy Time 20 minutes, mixture of walk run if needed.	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 40 minutes	Run Effort: Moderate Time: 20 minutes
2	Rest	Swim Effort: Easy Time: 30 minutes.	Bike Effort: Moderate Time: 30 minutes	Run Effort: Easy Time 20 minutes, mixture of walk run if needed.	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 40 minutes	Run Effort: Moderate Time: 25 minutes
3	Rest	Swim Effort: Easy Time: 35 minutes.	Bike Effort: Moderate Time: 30 minutes	Run Effort: Easy Time 20 minutes, mixture of walk run if needed.	Rest, Stretch, Roll Spend some time stretching	Bike Effort: Moderate Time: 40 minutes	Run Effort: Moderate Time: 30 minutes

					and foam rolling. Light core work.		
4	Rest	Swim Effort: Easy Time: 20 minutes.	Bike Effort: Easy Time: 35 minutes	Run Effort: Easy Time 20 minutes, mixture of walk run if needed.	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 35 minutes	Run Effort: Moderate Time: 30 minutes
5	Rest	Swim Effort: Easy Time: 35 minutes.	Bike Effort: Moderate Time: 35 minutes	Run Effort: Easy Time 25 minutes	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 45 minutes	Run Effort: Moderate Time: 25 minutes
6	Rest	Swim Effort: Easy Time: 35 minutes.	Bike Effort: Moderate Time: 35 minutes	Run Effort: Easy Time 25 minutes	Rest, Stretch, Roll Spend some time stretching	Bike Effort: Moderate Time: 50 minutes	Run Effort: Moderate Time: 35 minutes

					and foam rolling. Light core work.		
7	Rest	Swim Effort: Easy Time: 40 minutes.	Bike Effort: Moderate Time: 30 minutes	Run Effort: Easy Time 25 minutes	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 55 minutes	Run Effort: Moderate Time: 40 minutes
8	Rest	Swim Effort: Easy Time: 25 minutes.	Bike Effort: Moderate Time: 40 minutes	Run Effort: Easy Time 20 minutes	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 55 minutes	Run Effort: Moderate Time: 40 minutes
9	Rest	Swim Effort: Easy Time: 40 minutes.	Bike Effort: Moderate Time: 40 minutes	Run Effort: Easy Time 30 minutes	Rest, Stretch, Roll Spend some time stretching	Bike Effort: Moderate Time: 60 minutes	Run Effort: Moderate Time: 35 minutes

					and foam rolling. Light core work.		
10	Rest	Swim Effort: Easy Time: 40 minutes.	Bike Effort: Moderate Time: 40 minutes	Run Effort: Easy Time 30 minutes	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 65 minutes	Run Effort: Moderate Time: 45 minutes
11	Rest	Swim Effort: Easy Time: 45 minutes.	Bike Effort: Moderate Time: 35 minutes	Run Effort: Easy Time 30 minutes	Rest, Stretch, Roll Spend some time stretching and foam rolling. Light core work.	Bike Effort: Moderate Time: 60 minutes	Run Effort: Moderate Time: 45 minutes
12	Rest	Swim Effort: Easy Time: 20 minutes.	Bike Effort: Moderate Time: 30 minutes	Run Effort: Easy Time 20 minutes	Rest, Stretch, Roll Spend some time stretching	Bike Effort: Moderate Time: 30 minutes	RACE DAY!!!

					and foam rolling. Light core work.		
--	--	--	--	--	--	--	--