



Olympic Training Schedule

BASE 3- APRIL 28 THRU MAY 25

| WEEK 1: APRIL 28 - May 4 | | | | | | | |
|---|-----------|----------|-----------|-----------|-----------|-----------|-----------|
| 70.3 Course Bike / 1 lap Run | | | | | | | |
| Summary | Mon 28 | Tue 29 | Wed 30 | Thur 1 | Fri 2 | Sat 3 | Sun 4 |
| Swim 2:30 | Swim 1:00 | | Swim 1:00 | | Swim :30 | | |
| Bike 3:00 | Bike :30 | | | Bike 1:00 | | Bike 1:30 | |
| Run 1:45 | | Run :45 | | Run :30 | | Run :30 | |
| Hours 7:15 | | | | | | | Recovery |
| WEEK 2: May 5 - 11 | | | | | | | |
| Camels Back Duathlon | | | | | | | |
| Summary | Mon 5 | Tue 6 | Wed 7 | Thur 8 | Fri 9 | Sat 10 | Sun 11 |
| Swim 3:00 | Swim 1:00 | | Swim 1:00 | | Swim 1:00 | | |
| Bike 3:15 | Bike :30 | | | Bike 1:00 | | Bike 1:45 | |
| Run 1:50 | | Run :50 | | Run :40 | | Run :20 | |
| Hous 8:05 | | | | | | | Recovery |
| WEEK 3: May 12 - 18 | | | | | | | |
| 70.3 Course Rules/Regulations Splash N' Dash (Tentative) | | | | | | | |
| Summary | Mon 12 | Tue 13 | Wed 14 | Thur 15 | Fri 16 | Sat 17 | Sun 18 |
| Swim 3:00 | Swim 1:00 | | Swim 1:00 | | | Swim 1:00 | Swim 1:00 |
| Bike 3:30 | Bike :45 | | Bike 1:00 | Bike 1:45 | | | |
| Run 2:20 | | Run 1:00 | | Run :50 | | Run :30 | |
| Hours 8:50 | | | | | Recovery | | |
| WEEK 4: May 19 - 25 | | | | | | | |
| Splash N' Dash (Tentative) | | | | | | | |
| Summary | Mon 19 | Tue 20 | Wed 21 | Thur 22 | Fri 23 | Sat 24 | Sun 25 |
| Swim 2:30 | Swim :30 | | | | | Swim 1:00 | Swim 1:00 |
| Bike 1:00 | | | | Bike 1:00 | | | |
| Run 1:00 | | Run :30 | | | | Run :30 | |
| Hours 4:30 | | | Day off | | Day off | | |

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