

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							
Bike							
Run							
Weights							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							
Bike							
Run							
Weights							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							
Bike							
Run							
Weights							
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim							
Bike							
Run							
Weights							