

Week	Swim	Bike	Run	Strength	Weekly Volume	Notes
1-2	2x/week: 30 mins (1 km)	2x/week: 60 mins (20 km)	2x/week: 30 mins (5 km)	1x/week: 45 mins	3.5 hours	Focus on technique, endurance, and strength
3-5	2x/week: 45 mins (1.5 km)	2x/week: 75 mins (30 km)	2x/week: 45 mins (7 km)	1x/week: 45 mins	5 hours	Increase distance slightly while maintaining focus on technique
6-7	3x/week: 45 mins (1.5 km)	3x/week: 90 mins (35 km)	3x/week: 60 mins (10 km)	1x/week: 45 mins	9 hours	Begin speedwork and hill training for bike and run
8-10	3x/week: 60 mins (2 km)	3x/week: 105 mins (40 km)	3x/week: 75 mins (12 km)	1x/week: 45 mins	12 hours	Increase distance and speed work; introduce brick workouts
11-12	3x/week: 60 mins (2 km)	3x/week: 120 mins (45 km)	3x/week: 90 mins (15 km)	1x/week: 45 mins	14 hours	Maximum volume and intensity
13	3x/week: 60 mins (2 km)	3x/week: 120 mins (45 km)	3x/week: 90 mins (15 km)	1x/week: 45 mins	14 hours	Maintain volume; focus on race-pace efforts
14	2x/week: 45 mins (1.5 km)	2x/week: 90 mins (35 km)	2x/week: 60 mins (10 km)	1x/week: 45 mins	7 hours	Begin taper, reduce volume but maintain intensity
15	2x/week: 30 mins (1 km)	2x/week: 60 mins (20 km)	2x/week: 30 mins (5 km)	None	3.5 hours	Taper continues; reduce volume significantly
16	1x/week: 15 mins (500 m)	1x/week: 30 mins (10 km)	1x/week: 15 mins (2.5 km)	None	1 hour	Race week