

Weeks	Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Volume	Notes
1	Foundation	Recovery run 20 min	Base swim 1000m	Base ride 30 min	Tempo swim 750m	Rest	Long ride 35 min	Base run 25 min	~4 hours	Focus on form and consistency.
2	Foundation	Recovery run 25 min	Base swim 1100m	Base ride 35 min	Tempo run 20 min	Rest	Long ride 40 min	Base run 30 min	~4.5 hours	Gradual volume increase.
3	Foundation	Recovery run 25 min	Tempo swim 800m	Base ride 40 min	Base run 30 min	Rest	Long ride 45 min	Base swim 1200m	~5 hours	Introduce some tempo workouts.
4	Foundation	Recovery run 30 min	Base swim 1300m	Tempo ride 30 min	Tempo run 25 min	Rest	Long ride 50 min	Base run 35 min	~5.5 hours	Further tempo and volume adjustment.
5	Foundation	Recovery run 30 min	Tempo swim 900m	Base ride 45 min	Base run 35 min	Rest	Long ride 55 min	Base swim 1400m	~6 hours	Maintaining a balance between the three disciplines.
6	Foundation	Recovery run 35 min	Base swim 1500m	Tempo ride 35 min	Tempo run 30 min	Rest	Long ride 60 min	Base run 40 min	~6.5 hours	Final week before transitioning to the build phase.
7	Build	Recovery run 40 min	HIIT swim 4x100m	Tempo ride 40 min	HIIT run 5x2 min	Rest	Long ride 65 min	Long run 45 min	~7 hours	Introducing HIIT to enhance intensity.
8	Build	Recovery run 40 min	HIIT swim 5x100m	Base ride 60 min	Tempo run 35 min	Rest	Long ride 70 min	Tempo swim 1100m	~7.5 hours	Continue integrating HIIT while balancing other workouts.
9	Build	Recovery run 45 min	Tempo swim 1200m	HIIT ride 6x5 min	Base run 40 min	Rest	Long ride 75 min	Long run 50 min	~8 hours	HIIT ride introduced; focus on recovery as well.

10	Build	Recovery run 45 min	Base swim 1700m	Tempo ride 45 min	HIIT run 6x3 min	Rest	Long ride 80 min	Tempo swim 1250m	~8.5 hours	Incremental volume and intensity adjustments.
11	Build	Recovery run 50 min	HIIT swim 6x100m	Base ride 70 min	Tempo run 40 min	Rest	Long ride 85 min	Long run 55 min	~9 hours	Focusing on endurance and maintaining HIIT integration.
12	Build	Recovery run 50 min	Tempo swim 1300m	HIIT ride 7x5 min	Base run 45 min	Rest	Long ride 90 min	Base swim 1900m	~9.5 hours	Concluding build phase with maximum volume.
13	Peak	Recovery run 55 min	HIIT swim 7x100m	Tempo ride 50 min	HIIT run 6x4 min	Rest	Long ride 95 min	Long run 60 min	~10 hours	Commence peak phase with highest intensity.
14	Peak	Recovery run 55 min	Base swim 2000m	HIIT ride 8x5 min	Tempo run 45 min	Rest	Long ride 100 min	Tempo swim 1400m	~10.5 hours	Consistent volume with emphasis on HIIT.
15	Peak	Recovery run 60 min	HIIT swim 8x100m	Base ride 80 min	HIIT run 7x3 min	Rest	Long ride 105 min	Long run 65 min	~11 hours	Pushing towards maximum capacity.
16	Peak	Recovery run 60 min	Tempo swim 1500m	HIIT ride 9x5 min	Base run 50 min	Rest	Long ride 110 min	Base swim 2100m	~11.5 hours	Optimal balance of intensity and recovery.
17	Peak	Recovery run 65 min	HIIT swim 9x100m	Tempo ride 55 min	HIIT run 7x4 min	Rest	Long ride 115 min	Long run 70 min	~12 hours	Peak phase; emphasize technique in workouts.
18	Peak	Recovery run 65 min	Base swim 2200m	HIIT ride 10x5 min	Tempo run 50 min	Rest	Long ride 120 min	Tempo swim 1600m	~12.5 hours	Final week of peak phase; maximum volume.

19	Taper	Recovery run 55 min	Tempo swim 1400m	Base ride 70 min	Base run 40 min	Rest	Ride 90 min	Run 60 min	~9 hours	Begin taper; reduce volume but maintain intensity.
20	Taper	Recovery run 50 min	Base swim 1900m	Tempo ride 50 min	Tempo run 40 min	Rest	Ride 80 min	Run 55 min	~8 hours	Continued reduction in volume; focus on form.
21	Taper	Recovery run 45 min	Tempo swim 1300m	Base ride 60 min	Base run 35 min	Rest	Ride 70 min	Run 50 min	~7 hours	Emphasizing recovery; maintain some intensity.
22	Taper	Recovery run 40 min	Base swim 1700m	Tempo ride 45 min	Tempo run 30 min	Rest	Ride 60 min	Run 45 min	~6 hours	Final week of taper; prioritize rest and light workouts.
23-24	Race Prep & Race	Varied based on pre-race prep and post-race recovery.	Varied	Varied	Varied	Rest	Race!	Recovery	-	Week 23: Final preparations. Week 24: Race and recovery!