

8 Week Olympic Triathlon Training Plan

S = Swim; C = Cycling; R = Running

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Volume | Notes |
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| 1 | Rest | S: 15x100m freestyle, 20 sec rest; R: 6 miles tempo | C: 20 miles moderate | S: 10x50m freestyle, 10 sec rest; R: 8x400m intervals, 2 min rest | R: 5 miles easy | C: 30 miles long ride | S: 2000m steady; R: 10 miles long run | S: 3.5k, C: 50 miles, R: 24 miles | Base Training: Establish endurance and strength |
| 2 | Rest | S: 20x100m freestyle, 20 sec rest; R: 6 miles tempo | C: 15x1min high intensity, 2 min rest | S: 5x200m freestyle, 30 sec rest; R: 1 mile easy, 3 miles tempo, 1 mile easy | R: 6 miles easy | C: 35 miles long ride | S: 2000m steady; R: 10 miles long run | S: 4k, C: 50 miles, R: 26 miles | Base Training: Increase volume and introduce intensity |
| 3 | Rest | S: 10x200m freestyle, 30 sec rest; R: 6 miles tempo | C: 25 miles moderate | S: 4x500m freestyle, 1 min rest; R: 8x800m intervals, 3 min rest | R: 6 miles easy | C: 40 miles long ride | S: 3000m steady; R: 11 miles long run | S: 4.7k, C: 65 miles, R: 28 miles | Build Phase: Focus on tempo and interval work |
| 4 | Rest | S: 15x200m freestyle, 30 sec rest; R: 7 miles tempo | C: 15x2min high intensity, 3 min rest | S: 3x800m freestyle, 1 min rest; R: 2 miles easy, 3 miles tempo, 2 miles easy | R: 7 miles easy | C: 40 miles long ride | S: 3000m steady; R: 12 miles long run | S: 4.7k, C: 55 miles, R: 31 miles | Build Phase: Continue building intensity |

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| 5 | Rest | S: 10x300m freestyle, 1 min rest; R: 7 miles tempo | C: 30 miles moderate | S: 2x1000m freestyle, 2 min rest; R: 5x1mile intervals, 3 min rest | R: 7 miles easy | C: 45 miles long ride | S: 3000m steady; R: 13 miles long run | S: 4.7k, C: 75 miles, R: 33 miles | Build Phase: Increase volume and maintain intensity |
| 6 | Rest | S: 8x400m freestyle, 1 min rest; R: 8 miles tempo | C: 15x3min high intensity, 4 min rest | S: 1500m freestyle, 3 min rest; R: 2 miles easy, 4 miles tempo, 2 miles easy | R: 8 miles easy | C: 45 miles long ride | S: 3000m steady; R: 14 miles long run | S: 4.7k, C: 60 miles, R: 37 miles | Peak Phase: Prepare body for race intensity |
| 7 | Rest | S: 5x500m freestyle, 2 min rest; R: 8 miles tempo | C: 35 miles moderate | S: 2x1000m freestyle, 2 min rest; R: 6x1mile intervals, 4 min rest | R: 8 miles easy | C: 50 miles long ride | S: 4000m steady; R: 15 miles long run | S: 5.5k, C: 85 miles, R: 37 miles | Peak Phase: Final push before tapering |
| 8 | Rest | S: 1500m easy; R: 5 miles easy | C: 20 miles easy | S: 1000m easy; R: 3 miles easy | C: 10 miles easy | Rest | Race Day | S: 2.5k, C: 30 miles, R: 8 miles | Taper Week: Reduce volume and intensity to rest for race |