

Week to Race	Training Phase	Approx Weekly Hours			Total Hrs per Week	Key Workouts		
		Swim	Bike	Run		Swim (km)	Cycle (mi)	Run (mi)
23	Building	1.9	3.2	1.6	7	1.9	31	4
22	Building	1.4	3.5	2.1	7	2.2	71	8
21	Building	1.9	3.9	2.3	8	2.4	62	10
20	Recovery	1.3	2.6	1.3	5	1.8	28	7
19	Building	1.4	3.5	2.1	7	2.2	35	4
18	Building	2.1	4.2	2.5	9	2.6	87	10
17	Building	2.5	4.4	2.9	10	3.0	78	11
16	Recovery	1.4	2.9	1.4	6	1.8	28	7
15	Building	2.1	4.2	2.5	9	2.6	42	5
14	Building	2.5	4.9	2.9	10	3.0	78	11
13	Building	2.8	5.6	3.4	12	3.4	90	13
12	Recovery	1.4	2.9	1.4	6	1.8	28	7
11	Peak	2.9	3.9	2.9	10	3.0	48	6
10	Peak	2.1	6.8	2.2	11	3.4	90	13
9	Peak	3.5	7.0	4.2	15	4.3	69	16
8	Recovery	1.7	2.9	1.1	6	1.8	28	7
7	Peak	2.6	5.8	2.1	11	3.2	84	12
6	Peak	3.6	4.8	3.6	12	3.7	71	20
5	Peak	2.7	8.5	2.8	14	2.2	114	8
4	Recovery	1.7	2.9	1.1	6	1.8	28	7
3	Taper	2.8	5.6	3.4	12	3.4	55	13
2	Taper	2.3	4.6	2.7	10	2.8	45	9
1	Taper	1.9	3.9	2.3	8	2.4	38	7
Race Week	Taper	1.7	1.7	1.7	5	0.9	26	6

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 Denotes a bike then run session (brick) using race-day nutrition

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