

Week 1

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Chest and Back	1 hr		
	BIKE	Short Hill Climbs	1-minute fast Hill Climbs with 2 - minute active recoveries; warm up and cool down to make time in parentheses. Should be performed at VO2 max intensity or RPE 9-10.	6 x 1 min (55 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1450	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	6 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	6 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Wednesday	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	45 min		
	P90X	Core/Flexibility	YogaX	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1600	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	800 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	4 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Saturday	P90X	Strength/Cardio	Plyometrics	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	45 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1500	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	30 min		

Week 2

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Arms and Shoulders	1 hr		
	BIKE	Short Hill Climbs	1-minute fast Hill Climbs with 2 -minute active recoveries; warm up and cool down to make time in parentheses. Should be performed at VO2 max intensity or RPE 9-10.	8 x 1 min (1 hr 5 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1600	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	7 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Fartlek Run	30-second bursts at max speed at random locations throughout run. No specific recovery time is required. Run the intervals when you feel ready. Total time should match time in parentheses and non-interval time should be run at moderate intensity.	8 x 30 sec (35 min)		
Wednesday	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	45 min		
	P90X	Core/Flexibility	Core Synergistics	60 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1800	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	4 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	40 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	4 x 20 sec		
Saturday	P90X	Strength	Legs and Back	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	50 min		
	RUN	Transition Run	Run easy for 10 minutes immediately following the bike ride.	10 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1600	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	40 min		

Week 3

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Back and Biceps	1 hr		
	BIKE	Short Hill Climbs	1-minute fast Hill Climbs with 2 -minute active recoveries; warm up and cool down to make time in parentheses. Should be performed at VO2 max intensity or RPE 9-10.	10 x 1 min (1 hr 15 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1750	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	8 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Fartlek Run	30-second bursts at max speed at random locations throughout run. No specific recovery time is required. Run the intervals when you feel ready. Total time should match time in parentheses and non-interval time should be run at moderate intensity.	8 x 30 sec (40 min)		
Wednesday	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	1 hr		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1900	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	45 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec		
Saturday	P90X	Strength/Cardio	Plyometrics	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	1 hr 10 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1800	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1200 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	45 min		

Week 4 RECOVERY WEEK

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength/Core	Core Synergistics (optional workout)	1 hr		
	BIKE	Lactate Intervals	2.5 minute intervals with 2.5 minute recovery periods in between. Ride intervals at VO2 max intensity. Warm up and cool down to reach time in parentheses.	3 x 2.5 min (1 hr)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1500	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	6 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	RUN	Lactate Intervals	30-second intervals with 30-second recoveries in between each interval. Intervals should be run at VO2 max intensity. Warm up and cool down to reach time in parentheses	12 x 30 sec (30 min)		
Wednesday	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	45 min		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1600	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	6 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	800 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	6 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	RUN	Foundation Run	Run at moderate aerobic intensity	35 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	2 x 20 sec		
Saturday	P90X	Strength/Core	Core Synergistics	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	40 min		
	RUN	Transition Run	Run easy for 10 minutes immediately following the bike ride.	10 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1400	
	SWIM	Swim Base	Swim at moderate aerobic intensity	800 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	RUN	Foundation Run	Run at moderate aerobic intensity	45 min		

Week 5

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Chest and Back	1 hr		
	BIKE	Lactate Intervals	2.5 minute intervals with 2.5 minute recovery periods in between. Ride intervals at VO2 max intensity. Warm up and cool down to reach time in parentheses.	4 x 2.5 min (1 hr 15 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1850	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Build speed on the first 25, descend on the way back, build again on the next 25, and descend again on the way back	9 x 100 yds (build/descend)		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Wednesday	BIKE	Power Intervals	20-second intervals done in a high gear at max intensity with 1 minute recovery periods between. Warm up and cool down long enough to reach time in parentheses	7 x 20 sec (1 hr 10 min)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2000	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	45 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec		
Saturday	P90X	Strength/Cardio	Plyometrics	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	1 hr 30 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1600	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	45 min		

Week 6

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Chest, Shoulders and triceps	1 hr		
	BIKE	Lactate Intervals	2.5 minute intervals with 2.5 minute recovery periods in between. Ride intervals at VO2 max intensity. Warm up and cool down to reach time in parentheses.	5 x 2.5 min (1 hr 20 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1850	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Build speed on the first 25, descend on the way back, build again on the next 25, and descend again on the way back	9 x 100 yds (build/descend)		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Wednesday	BIKE	Power Intervals	20-second intervals done in a high gear at max intensity with 1 minute recovery periods between. Warm up and cool down long enough to reach time in parentheses	8 x 20 sec (1 hr 20 min)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2000	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min		
	Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec			
Saturday	P90X	Strength	Legs and Back	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	1 hr 45 min		
	RUN	Transition Run	Run easy for 10 minutes immediately following the bike ride.	10 min		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1800	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1200 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min		

Week 7

	Workout Code	Type	Description	Duration	Comments
Monday	P90X	Strength	Back and Biceps	1 hr	
	BIKE	Lactate Intervals	2.5 minute intervals with 2.5 minute recovery periods in between. Ride intervals at VO2 max intensity. Warm up and cool down to reach time in parentheses.	6 x 2.5 min (1 hr 25 min)	
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1850
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds	
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Easy in one direction and hard in the other	9 x 100 yds (25 easy/25 hard)	
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds	
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds	
	P90X	Abs/Core	Ab Ripper X	16 min	
Wednesday	BIKE	Power Intervals	1-minute intervals with 1-minute recoveries in between each interval. Intervals should be run at VO2 max intensity. Warm up and cool down to reach time in parentheses	10 x 1 min (40 min)	
	P90X	Core/Flexibility	Yoga X	90 min	
Thursday			Rest Day		
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2000
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1000 yds	
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds	
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds	
	P90X	Abs/Core	Ab Ripper X	16 min	
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min	
Saturday	P90X	Strength/Cardio	Plyometrics	60 min	
	BRICK	Brick Workout	Bike Ride Followed immediately by a run (both at moderate intensity)	1 hr bike/30 min run	
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2100
	SWIM	Swim Base	Swim at moderate aerobic intensity	1500 yds	
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds	
	P90X	Abs/Core	Ab Ripper X	16 min	
	RUN	Foundation Run	Run at moderate aerobic intensity	55 min	

Week 8 RECOVERY WEEK

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength/Core	Core Synergistics (optional workout)	1 hr		
	BIKE	Tempo Ride	2 blocks of riding at tempo pace (fastest pace you can hold without straining) with 5 minute recoveries between. Warm up and cool down long enough to reach time in parentheses.	2 x 12 min (1 hr)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1500	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	6 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	RUN	Tempo Run	Run at threshold intensity for time specified. Warm up and cool down before and after tempo run long enough to reach time in parentheses	14 min (34 min)		
Wednesday	BIKE	Speed Intervals	1-minute intervals at speed intensity with 2-minute active recoveries inbetween. Warm up and Cool down long enough to reach time in parentheses.	5 x 1 min (50 min)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	250 yds	1600	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	6 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	800 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	6 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	250 yds		
	RUN	Foundation Run	Run at moderate aerobic intensity	40 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	2 x 20 sec		
Saturday	P90X	Strength/Core	Core Synergistics	60 min		
	BRICK	Brick Workout	Bike Ride Followed immediately by a run (both at moderate intensity)	45 min bike/15 min run		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1400	
	SWIM	Swim Base	Swim at moderate aerobic intensity	100 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	RUN	Foundation Run	Run at moderate aerobic intensity	40 min		

Week 9

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Chest and Back	1 hr		
	BIKE	Tempo Ride	1 block of riding at tempo pace (fastest pace you can hold without straining). Warm up and cool down long enough to reach time in parentheses.	26 min (1 hr 10 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1950	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Build speed on the first 25, descend on the way back, build again on the next 25, and descend again on the way back	10 x 100 yds (build/descend)		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Wednesday	BIKE	Speed Intervals	1-minute intervals at speed intensity with 2-minute active recoveries inbetween. Warm up and Cool down long enough to reach time in parentheses.	6 x 1 min (55 min)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2200	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1200 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec		
Saturday	P90X	Strength/Cardio	Plyometrics	60 min		
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	2 hrs		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2100	
	SWIM	Swim Base	Swim at moderate aerobic intensity	1500 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	1 hr		

Week 10

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Arms and Shoulders	1 hr		
	BIKE	Tempo Ride	2 blocks of riding at tempo pace (fastest pace you can hold without straining) with 5 minute recoveries between. Warm up and cool down long enough to reach time in parentheses.	2 x 14 min (1 hr 15 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1950	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Easy in one direction and hard in the other	10 x 100 yds (25 easy/25 hard)		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
Wednesday	BIKE	Speed Intervals	1-minute intervals at speed intensity with 2-minute active recoveries inbetween. Warm up and Cool down long enough to reach time in parentheses.	7 x 1 min (1 hr)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2200	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1200 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	55 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec		
Saturday	P90X	Strength	Legs and Back	60 min		
	BRICK	Brick Workout	Bike Ride Followed immediately by a run (both at moderate intensity)	1 hr bike/30 min run		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1600	
	SWIM	Time Trial	Swim time trial at race intensity	1000 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min		

Week 11

	Workout Code	Type	Description	Duration		Comments
Monday	P90X	Strength	Back and Biceps	1 hr		
	BIKE	Tempo Ride	1 block of riding at tempo pace (fastest pace you can hold without straining). Warm up and cool down long enough to reach time in parentheses.	28 min (1 hr 20 min)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2050	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Lactate Intervals	100-yard intervals with 10 second rest periods between each set. Build speed on the first 25, descend on the way back, build again on the next 25, and descend again on the way back	11 x 100 yds (build/descend)		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	10 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Tempo Run	Run at threshold intensity for time specified. Warm up and cool down before and after tempo run long enough to reach time in parentheses	20 min (40 min)		
Wednesday	BIKE	Speed Intervals	1-minute intervals at speed intensity with 2-minute active recoveries inbetween. Warm up and Cool down long enough to reach time in parentheses.	9 x 1 min (1 hr 10 min)		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2200	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base	Swim at moderate aerobic intensity	1200 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Foundation Run	Run at moderate aerobic intensity	50 min		
		Running Strides	20 second sprints at max speed with 1 minute to rest between	6 x 20 sec		
Saturday	P90X	Strength	Plyometrics	60 min		
	BRICK	Brick Workout	Bike Ride Followed immediately by a run (both at moderate intensity)	1 hr bike/20 min run		
Sunday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	2200	
	SWIM	Time Trial	Swim time trial at race intensity	1600 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	P90X	Abs/Core	Ab Ripper X	16 min		
	RUN	Long run	Run at moderate aerobic intensity	1 hr 5 min		

Sprint Triathlon P90X

Week 12

	Workout Code	Type	Description	Duration		Comments
Monday						
	P90X	Strength/Core	Core Synergistics (optional workout)	1 hr		
	BIKE	Tempo Ride	2 blocks of riding at tempo pace (fastest pace you can hold without straining) with 5 minute recoveries between. Warm up and cool down long enough to reach time in parentheses.	2 x 12 min (1 hr)		
Tuesday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1500	
	SWIM	Swim Drill Set	25-yd intervals of drills (use drill cards or Total Immersion drills)	8 x 25 yds		
	SWIM	Swim Base Intervals	100-yard intervals with 10 second rest periods between each set. Swim at moderate aerobic intensity	6 x 100 yds		
	SWIM	Swim Speed Intervals	25-yard intervals with 15 second rest periods between each set. Swim at maximum intensity.	8 x 25 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	200 yds		
	RUN	Recovery Run	Run at easy pace	30 min		
Wednesday						
	BIKE	Foundation Ride	Ride at Moderate Intensity for specified time	45 min		
	P90X	Core/Flexibility	Yoga X	90 min		
Thursday			Rest Day			
Friday	SWIM	Swim Warm Up	Easy swim to warm up	300 yds	1400	
	SWIM	Swim Base	Swim at moderate aerobic intensity	800 yds		
	SWIM	Swim Cool Down	Easy swim @ recovery intensity	300 yds		
	RUN	Recovery Run	Run at easy pace	30 min		
Saturday			Rest Day			
Sunday			RACE DAY!!!!			