

Note: Goal Met No Training Active recovery = walk 2 miles

Month	Phase	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
Nov								
1	Base	Walk 2 mi - recovery	Strength Training - Gym	Walk 2 mi - recovery	Spin 45min - Gym	Walk 2 mi - recovery	Interval Run #1	Interval Run #1
7	Base	Walk 2 mi - recovery	Strength Training - Gym	Walk 2 mi - recovery	Spin 45min - Gym	Walk 2 mi - recovery	Interval Run #1	Walk 2 mi - recovery
14	Base	Interval Run #1	Missed Training	Walk 2 mi - recovery	Spin 45min - Gym	Walk 2 mi - recovery	Alpine Hiking - 8hrs	Alpine Hiking 4 hrs
21	Base	Walk 2 mi - recovery	Missed Training	Walk 2 mi - recovery	Missed Training	Walk 2 mi - recovery	Walk 2 mi - recovery	Interval Run #1
28	Base	Missed Training	Strength Training - Gym	Back injury				
Dec								
1	Base				Spin 45min - Gym	Walk 2 mi - recovery	Alpine Hiking - 8hrs	Alpine Hiking - 4hrs
5	Base	Interval Run #1	Strength Training - Gym	Walk 2 mi - recovery	Spin 45min - Gym	Interval Swim #1	Active recovery	Interval Run #1
12	Base	Walk 2 mi - recovery	Cortisone shot missed trning	Strength Training - Gym	Spin 45min - Gym	Walk 2 mi - recovery	Interval Run #1	Active recovery
19	Base	Strength Training - Gym	Interval Run #1	Walk 2 mi - recovery	Spin 45min - Gym	Missed Training	Interval Run #1	Xmass
26	Base	Active recovery	Interval Swim	Strength Training - Gym	Spin 45min - Gym	Missed Training	Interval Run #1	
Jan								New Years Day
2	Base	Interval Run #1	Walk 2 mi - recovery	Alpine Skiing	Missed Training	Walk 2 mi - recovery	Missed Training	Ride 10
9	Base	Swim 20 min	Walk 2 mi - recovery	Strength Training - Gym	Swim, Spin, Run	Walk 2 mi - recovery	Interval Run #1	Interval Run #1
16	Build	Active recovery	Swim 20 min	Strength Training - Gym	Swim, Spin, Run	Missed Training	Alpine Hiking - 8hrs	Missed Training
23	Build	Interval Run #2	Interval Run #1	Strength Training - Gym	Swim 13 , Spin 45	Swim	Active recovery	Interval Run #2
30	Build	Active recovery	Interval Run #2					
Feb				Swim	Swim 20 , Spin 45	Strength Training - Gym ##2	Interval Run #2	Ride # 2
6	Build	Active recovery	Swim	Strength Training - Gym ##2	Swim 20 , Spin 45	Interval Run #2	Active recovery	Ride # 2
13	Build	Interval Run #2	Swim	Strength Training - Gym ##2	Active recovery	Active recovery	Active recovery	Alpine Hiking
20	Build	Missed Training	Swim	Strength Training - Gym ##2	Swim 20 , Spin 45	Interval Run #2	Active recovery	Ride # 2
27	Build	Interval Run #2	Swim	Strength Training - Gym				
March					Swim 20 , Spin 45	Missed Training	Active recovery	Missed Training
5	Build	Interval Run #2	Swim	Strength Training - Gym	Swim 20 , Spin 45	Interval Run #2	Active recovery	Ride # 2 trans-trng
12	Build	Interval Run #2	Swim	Strength Training - Gym	Swim 20 , Spin 45	Interval Run #2	Active recovery	Ride # 2 transition
19	Build	Swim	Interval Run #2	Swim	Spin 45 Run 10	Bike and run	Active recovery	Ride # 2 transition
26	Build	Run 4*(4 x 3min RI 2min)	Active recovery	Swim LT 8x3min	Spin	Missed Training	Active recovery	
April								Ride 1
2	Build	Active recovery	Ride 20mi + Run 4mi	Swim + Full Body Gym	Gym + Spin 45	Ride 20 - no run	Active recovery	Ride 12 run 2 trans
9	Peak	Active recovery	Active recovery	Swim 500 - Ride 2	Swim 1000m, Spin 45	Interval Run #3	Active recovery	Mini-Duathlon
16	Peak	Strength Training - Full Body	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Active recovery	Transition training
23	Peak	Interval Run #3	Swim	Interval Run #3	Swim 20 , Spin 45	Interval Run #3	Active recovery	Mini-Duathlon
30	Peak	Strength Training - Full Body						
May			Swim	Interval Run #3	Swim 20 , Spin 45	Interval Run #3	TAPER	TAPER
7	Peak	TAPER	TAPER	TAPER	TAPER	TAPER	TAPER	Carl Hart Duathlon
14	Peak	Active recovery	Active recovery	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Active recovery	Interval Run #3
21	Peak	Interval Run #3	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Active recovery	Interval Run #3
28	Peak	Interval Run #3	Swim	Strength Training - Full Body	Swim 20 , Spin 45			
June						Interval Run #3	Active recovery	Interval Run #3
4	Peak	Swim	Strength Training - Full Body	Swim	Swim 20 , Spin 45	Interval Run #3	Active recovery	Interval Run #3
11	Peak	Active recovery	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Swim	Interval Run #3
18	Peak	Swim	Strength Training - Full Body	Swim	Swim 20 , Spin 45	Interval Run #3	Active recovery	Interval Run #3
25	Peak	Active recovery	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Swim	
July								
2	Peak	Swim	Active recovery	Strength Training - Full Body	Swim 20 , Spin 45	Long run	Active recovery	Swim - Run
9	Peak	Active recovery	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Swim - Bike	Active recovery
16	Peak	Swim	Interval Run #3	Strength Training - Full Body	Swim 20 , Spin 45	Long run	Active recovery	Swim - Run
23	Peak	Interval Run #3	Swim	Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Swim - Bike	Transition trng
30	Peak	Swim	Interval Run #3					
August				Strength Training - Full Body	Swim 20 , Spin 45	Interval Run #3	Taper	Transition trng
6	Peak	TAPER	TAPER	TAPER	TAPER	TAPER	TAPER	Smith Point Tri
13	Peak							
20	Peak							
27	Peak							