

Week #1	Monday 7-Mar 15 min. Swim 25 min. Bike	Tuesday 8-Mar Off	Wednesday 9-Mar 20 min. Swim	Thursday 10-Mar 30 min. Run or 3 Miles	Friday 11-Mar 40 min. Bike	Saturday 12-Mar Off	Sunday 13-Mar 30 min. Run or 3 Miles
Week #2	Monday 14-Mar 30 Bike 15 Run	Tuesday 15-Mar Off	Wednesday 16-Mar 20 Swim	Thursday 17-Mar 30 Run or 3 Miles	Friday 18-Mar 45 Bike	Saturday 19-Mar Off	Sunday 20-Mar 30 Run or 3 Miles
Week #3	Monday 21-Mar 15 Swim 30 Bike	Tuesday 22-Mar Off	Wednesday 23-Mar 25 Swim	Thursday 24-Mar 40 Run or 4 Miles	Friday 25-Mar 45 Bike	Saturday 26-Mar 30 Swim	Sunday 27-Mar 40 Run or 4 Miles
Week #4	Monday 28-Mar 45 Bike 15 Run	Tuesday 29-Mar Off	Wednesday 30-Mar 30 Swim	Thursday 31-Mar Off	Friday 1-Apr 25 Run	Saturday 2-Apr 15 Swim 35 Bike	Sunday 3-Apr Off
Week #5	Monday 4-Apr 15 Swim 30 Bike	Tuesday 5-Apr Off	Wednesday 6-Apr 25 Swim	Thursday 7-Apr 30 Run or 3 Miles	Friday 8-Apr 45 Bike	Saturday 9-Apr Off	Sunday 10-Apr 50 Run or 5 Miles
Week #6	Monday 11-Apr 30 Bike 15 Run	Tuesday 12-Apr Off	Wednesday 13-Apr 25 Swim	Thursday 14-Apr 50 Run or 5 Miles	Friday 15-Apr 50 Bike	Saturday 16-Apr 30 Swim	Sunday 17-Apr 70 Run or 7 Miles

Week #7	Monday 18-Apr 20 Swim 35 Bike	Tuesday 19-Apr Off	Wednesday 20-Apr 30 Swim	Thursday 21-Apr 50 Run or 5 Miles	Friday 22-Apr 60 Bike	Saturday 23-Apr Off	Sunday 24-Apr 80 Run or 8 Miles
Week #8	Monday 25-Apr 35 Bike 20 Run	Tuesday 26-Apr Off	Wednesday 27-Apr 20 Run or 2 Miles	Thursday 28-Apr 30 Swim	Friday 29-Apr 20 Run	Saturday 30-Apr Off	Sunday 1-May Broad Street
Week #9	Monday 2-May 20 Swim 20 Bike	Tuesday 3-May Off	Wednesday 4-May 30 Swim	Thursday 5-May 20 Run	Friday 6-May 60 Bike 15 Run	Saturday 7-May 30 Swim	Sunday 8-May 30 Run
Week #10	Monday 9-May 60 Bike 20 Run	Tuesday 10-May Off	Wednesday 11-May 40 Swim	Thursday 12-May Off	Friday 13-May 40 Run	Saturday 14-May 30 Swim 70 Bike	Sunday 15-May Off
Week #11	Monday 16-May 20 Swim 40 Bike	Tuesday 17-May Off	Wednesday 18-May 30 Swim	Thursday 19-May 20 Run	Friday 20-May 70 Bike 15 Run	Saturday 21-May Off	Sunday 22-May 35 Run
Week #12	Monday 23-May 40 Bike 20 Run	Tuesday 24-May Off	Wednesday 25-May 20 Swim	Thursday 26-May 20 Run	Friday 27-May 40 Bike 20 Run	Saturday 28-May 30 Swim	Sunday 29-May 20 Run

Week #13	Monday 30-May	Tuesday 31-May	Wednesday 1-Jun	Thursday 2-Jun	Friday 3-Jun	Saturday 4-Jun	Sunday 5-Jun
	20 Swim 40 Bike	Off	40 Swim	20 Run	70 Bike 15 Run	Off	35 Run

Week #14	Monday 6-Jun	Tuesday 7-Jun	Wednesday 8-Jun	Thursday 9-Jun	Friday 10-Jun	Saturday 11-Jun	Sunday 12-Jun
	45 Bike 25 Run	Off	40 Swim	25 Run	70 Bike 20 Run	Off	40 run

Week #15	Monday 13-Jun	Tuesday 14-Jun	Wednesday 15-Jun	Thursday 16-Jun	Friday 17-Jun	Saturday 18-Jun	Sunday 19-Jun
	20 Swim 35 Bike	Off	30 Swim	25 Run	60 Bike 15 Run	30 Swim	30 Run

Week #16	Monday 20-Jun	Tuesday 21-Jun	Wednesday 22-Jun	Thursday 23-Jun	Friday 24-Jun	Saturday 25-Jun	Sunday 26-Jun
	30 Run (Light)	Off	40 Swim (Light)	45 Bike (Light)	Off	20 Run (Light)	PHLY Tri