

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

Week #7	Monday 18-Apr	Tuesday 19-Apr	Wednesday 20-Apr	Thursday 21-Apr	Friday 22-Apr	Saturday 23-Apr	Sunday 24-Apr
	20 Swim 35 Bike	Off	30 Swim	50 Run or 5 Miles	60 Bike	Off	80 Run or 8 Miles

Week #8	Monday 25-Apr	Tuesday 26-Apr	Wednesday 27-Apr	Thursday 28-Apr	Friday 29-Apr	Saturday 30-Apr	Sunday 1-May
	35 Bike 20 Run	Off	20 Run or 2 Miles	30 Swim	20 Run	Off	Broad Street

Week #9	Monday 2-May	Tuesday 3-May	Wednesday 4-May	Thursday 5-May	Friday 6-May	Saturday 7-May	Sunday 8-May
	20 Swim 20 Bike	Off	30 Swim	20 Run	60 Bike 15 Run	30 Swim	30 Run

Week #10	Monday 9-May	Tuesday 10-May	Wednesday 11-May	Thursday 12-May	Friday 13-May	Saturday 14-May	Sunday 15-May
	40 Bike 20 Run	Off	30 Swim	20 Run	60 Bike 15 Run	Off	35 Run

Week #11	Monday 16-May	Tuesday 17-May	Wednesday 18-May	Thursday 19-May	Friday 20-May	Saturday 21-May	Sunday 22-May
	20 Swim 40 Bike	Off	30 Swim	20 Run	70 Bike 15 Run	Off	35 Run

Week #12	Monday 23-May	Tuesday 24-May	Wednesday 25-May	Thursday 26-May	Friday 27-May	Saturday 28-May	Sunday 29-May
	40 Bike 20 Run	Off	20 Swim	20 Run	40 Bike 20 Run	30 Swim	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	35 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 Bike 15 Run	Off	25 Swim	Off	20 Run (Light)	PHLY Tri	