



TBF HIT III the return

| WEEK | M MONDAY | T TUESDAY | W WEDNESDAY | T THURSDAY | F FRIDAY | S SATURDAY | S SUNDAY | HOURS |
|------|----------------|-----------------------------|-----------------------------------|-------------------------|----------------|---|---------------------------|-------|
| 5/10 | Swim 60 min | Bike 90 minutes Hills | Bike 30 min Run 30 min easy | Run 1 hour Tempo run | Swim 60 min | Brick Bike 90 min Run 30 min | REST | 7.5 |
| 5/17 | Swim 60 min | Bike 90 minutes Hills | Swim 30 min Run 30 min easy | Run 1 hour Tempo run | REST | Practice Triathlon | Bike 3 hours Long Bike | 8.5 |
| 5/24 | Swim 60 min | Bike 90 minutes Hills | Bike 30 min Run 30 min easy | Run 1 hour Tempo run | Swim 60 min | Bike 2 hours | Run 90 min Long Run | 9 |
| 5/31 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | REST | REST | Tri-for-fun | Tri-for-real | 5 |
| 6/7 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | Swim 60 min | Bike 3 hours Long bike | REST | 8.5 |
| 6/14 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | Swim 60 min | Brick Bike 90 Run 30 | Run 2 hours Long run | 9.5 |
| 6/21 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | REST | Key Brick 40 mile bike 8 mile run | Bike 90 min Form bike | 10.5 |

Note: In addition to the above, strength train 2-3 times per week.



| WEEK | M MONDAY | T TUESDAY | W WEDNESDAY | T THURSDAY | F FRIDAY | S SATURDAY | S SUNDAY | HOURS |
|------|--------------------|-----------------------------|-----------------------|-------------------------|--------------------|--|---------------------------|-------|
| 6/28 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | REST | Bike 90 min | REST | 6 |
| 7/5 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | Swim 60 min | Tri-for-fun | Tri-for-real | 9 |
| 7/12 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | REST | Practice Triathlon | Bike 4 hours Long Bike | 10 |
| 7/19 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | REST | Key Brick 50 mile bike 10 mile run | Swim 30 min | 11 |
| 7/26 | Swim 60 min | Bike 30 minutes easy | REST | Run 1 hour Tempo run | REST | Brick Swim 30 min Bike 3 hours | REST | 6 |
| 8/2 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Swim 60 min | REST | Run 2+ hours Long Run | Bike 60 min easy | 7.5 |
| 8/9 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Run 1 hour Tempo run | Swim 60 min | Brick 25 mile bike 5 mile run | Bike 4 hours Long bike | 12 |

Note: In addition to the above, strength train 2-3 times per week.



| WEEK | M MONDAY | T TUESDAY | W WEDNESDAY | Run 1 hour Tempo run | F FRIDAY | S SATURDAY | S SUNDAY | HOURS |
|------|--------------------|-----------------------------|------------------------------------|-------------------------|--------------------|--|---------------------------|-------|
| 8/16 | Swim 60 min | Bike 60 minutes easy | REST | Run 1 hour Tempo run | REST | Key Brick 60 mile bike 12 mile run | Swim 30 min | 9 |
| 8/23 | Swim 60 min | Bike 90 minutes Hills | Practice Triathlon | Swim 60 min | REST | Run 2+ hours Long run | Bike 4 hours Long Bike | 11 |
| 8/30 | Swim 60 min | Bike 90 minutes Hills | Brick Bike 30 min Run 30 min | Run 1 hour Tempo run | REST | Bike 2 hours Long bike | Swim 45 min | 7.25 |
| 9/6 | Race Week | Race Week | Race Week | Race Week | Race Week | Race Day | | 4 |

Note: In addition to the above, strength train 2-3 times per week.