

CONCHATHON JOG-BIKE-SWIM TRAINING CALENDAR

	WEEK 1	WEEK 4	WEEK 7	WEEK 10
SUN		Bike 15 minutes	Bike 25 minutes	Bike 25 minutes
MON				
TUES	Walk continuously 15 minutes	Walk 25 minutes	Jog slowly 5 min 5 min (2x) Walk	Jog 15 minutes, Walk 10 minutes
WED			Bike 20 minutes	Bike 30 minutes
THUR	Walk continuously 15 minutes	Bike 15 minutes		
FRI			Jog slowly 5 min 5 min (2x) Walk	Jog 15 minutes, Walk 10 minutes
SAT	Walk 15-20 minutes	Walk 20-25 minutes	Bike 20 minutes	Bike 30 minutes

	WEEK 2	WEEK 5	WEEK 8	WEEK 11
SUN		Bike 15 minutes	Walk 30 minutes	Swim any stroke 5-10 minutes
MON	Walk 20 minutes			
TUES		Walk 25 minutes	Jog 5 min, Walk 5 min (3x)	Walk 30 minutes
WED	Walk 20 minutes			Bike 25 minutes
THUR		Bike 20 minutes	Bike 20 minutes	
FRI	Walk 20-25 minutes		Walk 30 minutes	Jog 15 minutes
SAT		Walk 25 minutes		Bike 25 minutes

	WEEK 3	WEEK 6	WEEK 9	WEEK 12
SUN	Walk 20 minutes	Bike 20 minutes	Jog 5 min, Walk 5 min (3x)	Swim 10 minutes
MON	Bike continuously 10 minutes		Bike 25 minutes	
TUES		Walk 30 minutes		Jog 20 minutes
WED	Walk 20 minutes		Jog 10 min, Walk 5 min (2x)	Bike 30 minutes
THUR	Bike 10 minutes	Bike 25 minutes	Bike 25 minutes	
FRI				Jog 15 minutes
SAT	Walk 20 minutes	Walk 30 minutes	Jog 10 min, Walk 5 min (2x)	Bike 25 minutes

CONCHATHON JOG-BIKE-SWIM TRAINING CALENDAR

	WEEK 13	WEEK 16	WEEK 19	WEEK 22
SUN	Swim 10 minutes	Swim 20 minutes	Swim 20 minutes Bike 25 minutes	Bike 8-10 miles
MON		Bike 25 minutes		
TUES	Jog 20 minutes		Jog 30 minutes	Jog 2 miles
WED	Swim 15 minutes	Jog 25 minutes		Swim 600-800 yards
THUR		Swim 20 minutes	Bike 35 minutes	Bike 5-6 miles
FRI	Jog 20 minutes			
SAT	Bike 30 minutes	Walk 30 minutes 20 minutes	Bike Swim 20 minutes 20 minutes	Jog Jog 2-3 miles

	WEEK 14	WEEK 17	WEEK 20	WEEK 23
SUN	Swim 15 minutes		Bike 30 minutes	Swim 800-900 yards
MON		Swim 20 minutes		
TUES	Bike 30 minutes		Swim 25 minutes	Bike 6-8 miles
WED	Swim 15 minutes	Jog 30 minutes		Jog 2 miles
THUR		Bike 30 minutes	Jog 2 MILES	
FRI	Jog 20 minutes			Swim 500-700 yards
SAT	Swim 15 minutes	Jog 20 minutes 20 minutes	Swim Bike 5-8 MILES 500-800 YARDS	Bike 8-12 miles Jog 1-2 miles

	WEEK 15	WEEK 18	WEEK 21	WEEK 24
SUN		Bike 25 minutes	Jog 2 miles	
MON	Bike 35 minutes			Swim 600-800 yards
TUES	Swim 15 minutes	Jog 25 minutes	Swim 500-800 yards	Bike 6-8 miles
WED	Jog 25 minutes	Swim 25 minutes	Bike 5-6 miles	Jog 2-3 miles
THUR			Jog 1.5 miles	
FRI	Bike 30 minutes	Bike 30 minutes		
SAT	Jog 25 minutes	Jog 25 minutes	Swim 500-600 yards	Bike 10-12 miles

CONCHATON JOG-BIKE-SWIM TRAINING CALENDAR

	WEEK 25	WEEK 28	WEEK 31	WEEK 34
SUN	Swim 800-1000 yards Run 2-3 miles	Swim 800-1000 yards Run 3 miles	Swim 800 yards Run 2 miles	Swim 1000-1200 yards Run 3-4 miles
MON				
TUES	Run 2 miles	Run 2-3 miles	Run 4 miles	Run 4 miles
WED	Swim 600-800 yards Bike 6-8 miles	Swim 800 yards Bike 6-8 miles	Swim 800 yards Bike 8-10 miles	Swim 1000-1200 yards Bike 8-10 miles
THUR	Run 1-2 miles	Run 2 miles	Run 2 miles	Run 2 miles
FRI				Swim 800-1000 yards
SAT	Bike 8-10 miles	Bike 10-14 miles	Bike 10-12 miles	Bike 12-14 miles

	WEEK 26	WEEK 29	WEEK 32	WEEK 35
SUN	Swim 800-1000 yards Run 3 miles	Swim 1000 yards Run 2 miles	Swim 800-1000 yards Run 2-3 miles	Swim 1200 yards Run 3 miles
MON				
TUES	Run 2 miles	Run 3 miles	Run 3 miles	Run 4 miles
WED	Swim 600-800 yards Bike 6-8 miles	Swim 800-1000 yards Bike 6-8 miles	Swim 800-1000 yards Bike 8-10 miles	Swim 1000-1400 yards Bike 10 miles
THUR	Run 2 miles	Run 2 miles	Run 3 miles	Run 2 miles
FRI				Swim 800 yards
SAT	Bike 10-12 miles	Bike 10-12 miles	Bike 12-14 miles	Bike 14-16 miles

	WEEK 27	WEEK 30	WEEK 33	WEEK 36
SUN	Swim 800 yards Run 2 miles	Swim 800-1000 yards Run 2-3 miles	Swim 1000 yards Run 3 miles	Swim 1200-1400 yards Run 3 miles
MON				
TUES	Run 2-3 miles	Run 2 miles	Run 3 miles	Run 5 miles
WED	Swim 800-1000 yards Bike 6-8 miles	Swim 800-1000 yards Bike 8-10 miles	Swim 800-1000 yards Bike 10 miles	Swim 1200-1600 yards Bike 10-12 miles
THUR	Run 1-2 miles	Run 1-2 miles	Run 2 miles	Run 2-3 miles
FRI			Swim 800 yards	Swim 800-1000 yards
SAT	Bike 10 miles	Bike 12-14 miles	Bike 12-14 miles	Bike 14-16 miles

CONCHATHON JOG-BIKE-SWIM TRAINING CALENDAR

	WEEK 37	WEEK 40	WEEK 43	WEEK 46
SUN	Swim 1200-1400 miles Run 3-4 miles	Swim 1200 yards 3-4 miles	Swim 1200-1400 yards Run 4-5 miles	
MON			Bike 8-10 miles	
TUES	Run 5 miles	Run 5 miles	Run 4-6 miles	
WED	Swim 1200-1600 yards Bike 12-14 miles	Swim 1600 yards Bike 12-14 miles	Swim 1800-2000 yards Bike 14-16 miles	
THUR	Run 3 miles	Run 3 miles	Run 3-4 miles	
FRI	Swim 1000 yards	Swim 1200-1400 yards	Swim 1600 yards	
SAT	Bike 16-18 miles	Bike 18-20 miles	Bike 18-20 miles	

	WEEK 38	WEEK 41	WEEK 44	WEEK 47
SUN	Swim 1200-1400 yards Run 3 miles	Swim 1200-1400 yards Run 4-5 miles	Swim 1200 yards Run 4 miles	
MON			Bike 6-8 miles	
TUES	Run 4 miles	Run 5 miles	Run 3-4 miles	
WED	Swim 1400-1600 yards Bike 12 miles	Swim 1600-1800 yards Bike 14-16 miles	Swim 1200 yards Bike 10-12 miles	
THUR	Run 3 miles	Run 4 miles	Run 2 miles	
FRI	Swim 1000 yards	Swim 1400-1600 yards	Swim 800-1000 yards	
SAT	Bike 16-18 miles	Bike 20 miles	Bike 12-14 miles	

	WEEK 39	WEEK 42	WEEK 45	WEEK 48
SUN	Swim 1200-1400 yards Run 3-4 miles	Swim 1400 yards Run 4-5 miles	Swim 1000-1200 yards Run 2 miles	
MON			Bike 6 miles	
TUES	Run 4 miles	Run 4-6 miles	Run 2-3 miles	
WED	Swim 1600-1800 yards Bike 12 miles	Swim 1800-2000 yards Bike 14 miles	Swim 1000-1200 yards Bike 10-12 miles	
THUR	Run 3 miles	Run 3-4 miles	Run 2 miles	
FRI	Swim 1000-1200 yards	Swim 1400 yards	Swim 800-1000 yards	
SAT	Bike 18-20 miles	Bike 18-20 miles	Bike 12-14 miles	