12-week Olympic triathlon plan: Finisher (about 5–8 h a week)

Olympic triathlon (1.5 km / 40 km / 10 km)

Brick to Brick

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 1 Base	Rest		Swim 1,500 m: technique (300 m warm-up, 8 × 50 m drills, 6 × 100 m relaxed, 200 m easy)		Bike 60 min easy with 5 × 2 min at 95–100 rpm		Run 30–40 min easy + 4–6 × 20 s strides		Swim 1,500 m endurance, easy		Long ride 1 h 15		Long run 45 min	
Week 2 Base	Rest		Swim 1,800 m: technique (300 m warm-up, 8 × 50 m drills, 6 × 100 m relaxed, 200 m easy)		Bike 60 min easy with 5 × 2 min at 95–100 rpm		Run 30–40 min easy + 4–6 × 20 s strides		Swim 1,800 m endurance, easy		Long ride 1 h 30		Long run 50 min	
Week 3 Base	Rest		Swim 2,000 m: technique (300 m warm-up, 8 × 50 m drills, 6 × 100 m relaxed, 200 m easy)		Bike 60 min easy with 5 × 2 min at 95–100 rpm		Run 30–40 min easy + 4–6 × 20 s strides		Swim 2,000 m endurance, easy		Long ride 1 h 45		Long run 55 min	
Week 4 (lighter) Base	Rest		Swim 1,500 m: technique (300 m warm-up, 8 × 50 m drills, 6 × 100 m relaxed, 200 m easy)		Bike 60 min easy with 5 × 2 min at 95–100 rpm		Run 30–40 min easy + 4–6 × 20 s strides		Swim 1,500 m endurance, easy		Long ride 1 h 15		Long run 40 min	
Week 5 Build	Rest		Swim intervals: warm-up, 10 × 100 m strong and even, 15–20 s rest		Bike 60–75 min with 3 × 10–12 min at Olympic race effort, 5 min easy between		Run: 5 × 4 min hard but controlled, 2 min jog		Swim endurance, easy		Long ride 1 h 45 with 2 × 15 min race effort		Long run 60 min	
Week 6 Build	Rest		Swim intervals: warm-up, 10 × 100 m strong and even, 15–20 s rest		Bike 60–75 min with 3 × 10–12 min at Olympic race effort, 5 min easy between		Run: 4 × 5 min steady, 2 min jog		Swim endurance, easy		Long ride 2 h + brick run 15 min easy		Long run 65 min	

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 7 Build	Rest		Swim: warm-up, 3 × 400 m at race effort, 45 s rest		Bike 60–75 min with 3 × 10–12 min at Olympic race effort, 5 min easy between		Run: 5 × 4 min hard but controlled, 2 min jog		Swim endurance, easy		Long ride 2 h with 3 × 15 min race effort + brick run 20 min, last 10 at race effort		Long run 70 min	
Week 8 (lighter) Build	Rest		Swim intervals: warm-up, 10 × 100 m strong and even, 15–20 s rest		Bike 60–75 min with one short race-effort set		Run: 5 × 4 min hard but controlled, 2 min jog		Swim endurance, easy (shorter, lighter week)		Long ride 1 h 30 + brick run 10 min easy		Long run 45 min	
Week 9 Race-specific	Rest		Open-water swim with sighting every 6–10 strokes (supervised)		Bike 60–75 min with 3 × 12 min at race effort		Run: 5 × 4 min hard but controlled, 2 min jog		Swim endurance, easy		Mini race simulation in race kit: swim 1,000–1,500 m, bike 60–75 min with 40 min at race effort, run 20–30 min (first 10 easy)		Long run 70 min, last 15 min steady	
Week 10 Race-specific	Rest		Swim 2,400 m with 3 × 500 m at race effort		Bike 60–75 min with 3 × 12 min at race effort		Run: 5 × 4 min hard but controlled, 2 min jog		Swim endurance, easy		Long ride 2 h 15 with 2 × 20 min race effort + brick run 20 min		Long run 75 min	
Week 11 Taper and race	Rest		Swim: short race-effort pieces (e.g. 6 × 100 m)		Bike 60 min with short race-effort pieces		Run 30 min with 4 × 1 min at race effort		Swim easy		Long ride 1 h 30 with 2 × 10 min race effort		Long run 50 min	
Week 12 (race week) Taper and race	Rest		Swim 20–30 min with a few 1-min race-effort pieces		Run 20 min with 4 × 1 min at race effort		Bike 30–40 min with 3 × 1 min at race effort		Swim 15–20 min easy		Rest or 20-min shakeout; check kit and bike		RACE DAY: Olympic triathlon	

Effort guide

- Easy (Z1–2): full sentences; most of your training
- Steady (Z3): short sentences
- Race effort: hard but controlled for 2–3 hours
- Hard (Z4–5): short intervals only

Notes

- Keep the long ride and long run apart and keep one full rest day.

- Missed a session? Skip it and carry on; do not double up.
- Rearrange days to fit your week.
- **Week 12 (race week):** Do not catch up on missed training or try anything new.

Race date and start

Race / goal date: _____

Week 1 starts (Monday): _____