

# Triathlon Training



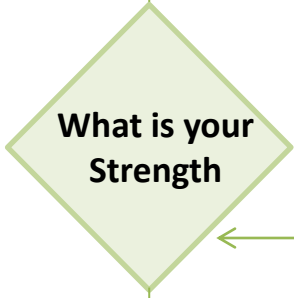
**Follow Plan**



**Sprint**

**Olympic**

**Half or Full Ironman**



**Double prescribed times**

**Start with double the time**

**Build to 90% of the distance**

**Swim**

**Bike**

**Run**

**Swap 1 Swim for your weakness**

**Swap 1 Bike for your weakness**

**Swap 1 Run for your weakness**

**75% of training program**

