Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6/25	Swim-20	Run-25	Bike-30	Run-25	Swim-35	Off	Bike-45
2	7/2	Swim-20	Bike - 30	Run-25	Swim-25	Bike-45	Off	Run-30
3	7/9	Swim-25	Bike - 30	Run-25	Run-30	Swim-30	Off	Bike-45
4	7/16	Run-15	Bike - 30	Bike-25	Run-15	Bike-25	Off	Swim-20
5	7/23	Run-15	Swim-20	Bike-30	Bike-25	Run-20	Off	Swim-25
6	7/30	Swim-25	Bike-35	Run-35	Bike-50	Swim-30	Off	Run-35
7	8/6	Swim-25	Bike-35	Run-25	Swim-30	Bike-35	Off	Run-35
8	8/13	Swim-30	Run-30	Bike-45	Run-45	Swim-35	Off	Bike-60
9	8/20	Swim-20	Bike-30	Run-25	Bike-35	Swim-20	Off	Bike-55
10	8/27	Swim-20	Run-30	Off	Run-30	Bike-45	Off	Swim-20
11	9/3	Off	Bike-15	Off	Swim-15	Run-15	Off	Race!!!
Swim Bike								
Run								