

WEEK/DAY	MON	TUE	WED	THURS	FRI	SAT	SUN
1	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	COURSE WITH SMALL ROLLING HILLS / HIGH-LOW GEARS / 45MINS - 1HR	HILLY COURSE / MODERATELY HARD / 45 MINS - 2 HRS	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	OFF / STRENGTH	SWIMMING	LONG RIDE / 2-4 HRS
2	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	COURSE WITH SMALL ROLLING HILLS / HIGH-LOW GEARS / 45MINS - 1HR	HILLY COURSE / MODERATELY HARD / 45 MINS - 2 HRS	OFF / STRENGTH	SWIMMING	LONG RIDE / 2- 4 HRS
3	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	HILLY COURSE / MODERATELY HARD / 45 MINS - 2 HRS	COURSE WITH SMALL ROLLING HILLS / HIGH-LOW GEARS / 45MINS - 1HR	HILLY COURSE / MODERATELY HARD / 45 MINS - 2 HRS	OFF / STRENGTH	SWIMMING	LONG RIDE / 2- 4 HRS
4	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	HILLY COURSE / MODERATELY HARD / 45 MINS - 2 HRS	COURSE WITH SMALL ROLLING HILLS / HIGH-LOW GEARS / 45MINS - 1HR	EASY RIDE/ FLAT / LOW GEAR / COMFORTABLY CADENCE / 45 MINS - 1HR	OFF	OFF	TRIATHLON

TRAINING PLAN FOR THE 3RD BRUNEI TRIATHLON (TEAM RELAY)

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