

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday**	Sunday	Notes
Week 1 - April 18-24	Run Sprint* 15 Min Olympic - 5 Mi	Ride Sprint 5 Mi Olympic 10 Mi	Run Sprint* - 15 Min Olympic - 5 Mi	Rest	Rest	Optional Run* - 15 Min	Rest	OWS = Open Water Swim M = Meters Mi= Miles
Week 2 - April 25-May 1	Run Sprint* 15 Min Olympic - 5 Mi	Sprint - 6 Mi Olympic - 12 Mi	Run Sprint* - 15 Min Olympic - 5 Mi	OWS Sprint - 200 M Olympic - 1800 M	Rest	Optional Run* - 15 Min	Rest	Brick = Bike + Run, e.g. 10/1 Brick = 10 Mi Ride + 1 Mi Run
Week 3 - May 2-8	Run Sprint* 20 Min Olympic - 5 Mi	Sprint - 8 Mi Olympic - 15 Mi	Run Sprint* 20 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 2200 M	Rest	Beginner Ride Clinic	Optional Run Sprint 30 Min Oly 4 Mi	*Sprint Run - If you can already run a 5K, run a 3 MI on Monday and a 4 Mi on Wednesday
Week 4 - May 9-15	Run Sprint* 20 Min Olympic - 5 Mi	Sprint - 10 Mi Olympic - 18 Mi	Run Sprint* 20 Min Olympic - 5 Mi	OWS Sprint - 200 M Olympic - 1400 M	Rest	Ride Sprint - 10 Mi Olympic - 20 Mi	Optional Run* Sprint 30 Min Oly 4 Mi	*Oly Run - These optional runs progress you above your target goal of a 10K forextar running endurance training. Recommended but still optional for flexibility.
Week 5 - May 16-22	Run Sprint* 20 Min Olympic - 5 Mi	Sprint - 12 Mi Olympic - 22 Mi	Run Sprint* 20 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 2500 M	Rest	Sprint - 300 M Swim, 10 Mi Ride; Olympic - 2400 M Swim, 15 Mi Ride	Optional Run* Sprint 30 Min Oly 4 Mi	
Week 6 - May 23-29	Run Sprint* 20 Min Olympic - 5 Mi	Sprint - 15 Mi Olympic - 26 Mi	Run Sprint* 20 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 1200 M	Rest	Sprint - 300 M Swim, 10 Mi Ride; Olympic - 2400 M Swim, 15 Mi Ride	Optional Run* Sprint 30 Min Oly 4 Mi	
Week 7 - May 30-July 5	Run Sprint* 30 Min Olympic - 5 Mi	Sprint - 10 Mi Olympic - 20 Mi	Run Sprint* 30 Min Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 1200 M	Rest	Sprint - 500 M Swim, 12/1 Brick; Oly - 2500 M Swim, 20/1 Brick	Optional Run* Sprint 40 Min Oly 6 Mi	**Hosted Saturday workouts are rides from Hewitt Park, which has a running trail.
Week 8 - June 6-12	Run Sprint* 30 Min Olympic - 5 Mi	Sprint - 17 Mi Olympic - 30 Mi	Run Sprint* 30 Min Olympic - 5 Mi	OWS Sprint - 400 M Olympic - 2500 M	Rest	Sprint - 500 M Swim, 15 Mi Ride; Olympic - 45 Min Swim, 20 Mi Ride	Optional Run* Sprint 40 Min Oly 7 Mi	Saturday swims can be done in the afternoon

Week 9 - June 13-19	Run Sprint* 30 Min Olympic - 5 Mi	Sprint - 20 Mi Olympic - 36 Mi	Run Sprint* 30 Min Olympic - 5 Mi	OWS Sprint - 400 M Olympic - 1300 M	Rest	Sprint - 500 M Swim, 15/1 Brick; Olympic - 2400 M Swim, 20/1 Brick	Optional Run* Sprint 40 Min Oly 8 Mi	<p>We do not host run training. Our plan is designed to work with the Waco Striders running club weekday runs and their summer training program. Find more info on wacostriders.org</p>
Week 10 - June 20 - 26	Run Sprint* 30 Min Olympic - 5 Mi	Sprint - 12 Mi Olympic - 20 Mi	Run Sprint* 30 Min Olympic - 5 Mi	OWS Sprint - 500 M Olympic - 1200 M	Rest	Sprint - 600 M Swim, 12 Mi Ride; Olympic - 2200 M Swim, 26 Mi Ride	Optional Run* Sprint 50 Min Oly 9 Mi	
Week 11 - June 27 - July 3	Run Sprint* 30 Min Olympic - 5 Mi	Sprint - 12 Mi Olympic - 20 Mi	Run Sprint 4 Mi Olympic - 5 Mi	OWS Sprint - 500 M Olympic - 2000 M	Rest	Sprint - 600 M Swim, 12/0.5 Brick; Olympic - 2200 M Swim, 26/0.5 Brick	Optional Run* Sprint 60 Min Oly 10 Mi	
Week 12 - July 4-10	Run Sprint 3 Mi Olympic - 5 Mi	Sprint - 10 Mi Olympic - 15 Mi	Run Sprint 4 Mi Olympic - 5 Mi	OWS Sprint - 300 M Olympic - 1200 M	Rest	TriWaco Practice OWS	Race Day!	