

WEEK 3				
PLANNED		AM	PM	Time
Day 15	Monday	off		
Day 16	Tuesday	swim workout level 1E	strength routine 1	1
Day 17	Wednesday	run 20-25 minutes easy, minimize the walking		0.4
Day 18	Thursday	ride 45-50 minutes easy to comfortable steady pace		0.75
		swim workout level 1C		
Day 19	Friday	run 20 minutes easy/steady directly before or after the swim		1
Day 20	Saturday	ride 45 minutes to 1 hour easy to steady pace		0.75
Day 21	Sunday	run 25 minutes easy-steady pace, minimize walk breaks		0.4
				4.3