

		Week 16	Week 15	Week 14	Week 13	Week 12	Week 11	Week 10	Week 9	Week 8	Week 7	Week 6	Week 5	Week 4	Week 3	Week 2	Week 1
		14/11/2016	21/11/2016	28/11/2016	5/12/2016	12/12/2016	19/12/2016	26/12/2016	2/01/2017	9/01/2017	16/01/2017	23/01/2017	30/01/2017	6/02/2017	13/02/2017	20/02/2017	27/02/2017
Monday	AM		Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 30min 1.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Swim 1hr 2.0km	Bike 1hr Relax
	PM																PACKING
Tuesday	AM		Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	TRAVEL DAY Flying to Auckland
	PM	Run 30min	Run 30min	Run 40min	Run 45min	Run 50min	Run 60min	Run 30min	Run 60min	Run 60min	Run 60min	Run 30min	Run 60min	Run 60min	Run 60min	Run 60min	Run 30min
Wednesday	AM	Run 30min	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	TRAVEL DAY Bus trip to Taupo
	PM		Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.0km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Swim 30min 1.5km	Run - on course
Thursday	AM	Swim 30min Bike 45min	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Bike 1hr	Swim - On course
	PM	Run 30min	Run 30min	Run 40min	Run 45min	Run 50min	Run 60min	Run 30min	Run 60min	Run 60min	Run 60min	Run 30min	Run 60min	Run 60min	Run 60min	Run 60min	
Friday	AM	Bike 60min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim 30min Bike 45min	Swim - On course
	PM	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Stength & Streching 30min to 1hr	Check in Bike & Race bags
Saturday	AM	Bike 1hrs 5km parkrun	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun +	Bike 1hrs 5km parkrun	parkrun	Bike 1hrs 5km parkrun	Bike 1hrs 5km parkrun	Bike 1hrs 5km parkrun	IRON MAN RACE DAY
	PM		Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 1.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 1.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	Pool 1hr 2.0km	
Sunday	AM	AM - Long bike 4.5 hrs	AM - Long bike 4.5 hrs	AM - Long bike 4.5 hrs	AM - Long bike 4.5 hrs	AM - Long bike 5 hrs	AM - Long bike 5 hrs	AM - Long bike 3.0 hrs	AM - Long bike 5 hrs	AM - Long bike 5 hrs	AM - Long bike 5 hrs	AM - Long bike 3 hrs	HOTW 2km swim 80km bike 20km run	AM - Long bike 5.0 hrs	AM - Long bike 3 hrs	AM - Long bike 2 hrs	
	PM												5hrs				
Targets / Phase		Rest / Rec	Build ^	Build ^	Base	Base	Base	Recovery	Base	Base	Base	Recovery	Endurance	Endurance	Endurance	Taper	Taper
Swim		2km (1hrs)	5km (2hrs)	5km (2hrs)	5km (2hrs)	5km (2hrs)	5km (2hrs)	3km (2hrs)	5.5km (2hrs)	5.5km (2hrs)	5.5km (2hrs)	3km (2hrs)	6km (2hrs)	5.5km (2hrs)	5km (2hrs)	3km (2hrs)	1km (0.5hr)
Bike		200km (7hrs)	200km (7hrs)	200km (7hrs)	200km (7hrs)	220km (8hrs)	220km (8hrs)	180km (6hrs)	250km (8.5hrs)	250km (8.5hrs)	250km (8.5hrs)	180km (6hrs)	180km (6hrs)	250km (8.5hrs)	200km (7hrs)	80km (3hrs)	40km (1.5hrs)
Run		20km (2hrs)	20km (2hrs)	25km (2.5hrs)	25km (2.5hrs)	25km (2.5hrs)	30km (3hrs)	15km (1.5hr)	25km (2.5hrs)	25km (2.5hrs)	25km (2.5hrs)	15km (1.5hr)	45km (5hrs)	25km (2.5hrs)	30km (3hrs)	20km (2hr)	5km (0.5hr)
Brick																	
Rest/recovery/streaching																	
Event / Race																	