













**12-WEEK SWIM WORKOUT PLAN
FOR OLYMPIC-DISTANCE TRIATHLON**

WEEK	NUMBER OF WORKOUTS	DISTANCE	INTENSITY	REST
1	2	10 x 50		20 SEC
2	2	12 x 50		20 SEC
3	2	14 x 50		15 SEC
4	2	4 x 100		20 SEC
5	3	16 x 50		15 SEC
6	3	6 x 100		15 SEC
7	3	10 x 50		15 SEC
8	2	8 x 100		20 SEC
9	2	3 x 50		15 SEC
10	2	3 x 400		30 SEC
11	2	8 x 100		30 SEC
12	1	1,500		---