



TRIATHLON · ADVANCED

Advanced Olympic triathlon



12-Week Advanced Olympic Triathlon Plan

Target an Olympic-distance PB on serious multisport volume.

EVENT

Olympic triathlon

LEVEL

Advanced

LENGTH

12 weeks

DAYS / WEEK

6



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	75 min
65 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	45 min
2 × 14 min–21 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	63 min
53 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	78 min
68 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	75 min
65 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	45 min
2 × 14 min–21 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	72 min
62 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	90 min
80 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	75 min
65 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	45 min
2 × 14 min–21 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	81 min
71 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	102 min
92 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	SWIM Long Swim	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	40 min
6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	40 min
4 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	44 min
4 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	61 min
51 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	115 min
2 × 25 min–65 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	SWIM Long Swim	51 min
41 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	55 min
7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	56 min
6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	83 min
73 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	111 min
101 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	55 min
7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	56 min
6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	90 min
80 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	162 min
2 × 39 min–98 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	162 min
2 × 39 min–98 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	41 min
31 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	40 min
6 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	48 min
4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	44 min
8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	67 min
57 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	137 min
2 × 31 min–81 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	SWIM Long Swim	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	90 min
80 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	180 min
2 × 44 min–111 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 10

PEAK

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	55 min
7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	56 min
6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	180 min
3 × 19 min–91 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 11

PEAK

Mon	SWIM Long Swim	42 min
32 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	55 min
7 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	56 min
6 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	180 min
3 × 19 min–91 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 12

RACE WEEK

Mon	SWIM Easy Swim	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	45 min
45 min continuous		
Wed	RUN Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Easy Swim	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Race Day: Triathlon RACE	169 min
3 × 35 min–75 min with recoveries		