



TRIATHLON · BEGINNER

Beginner Olympic triathlon



12-Week Beginner Olympic Triathlon Plan

Step up to the Olympic distance (1.5K / 40K / 10K) and finish strong.

EVENT

Olympic triathlon

LEVEL

Beginner

LENGTH

12 weeks

DAYS / WEEK

5



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	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	47 min
37 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	31 min
21 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Week 2		BASE
Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	56 min
46 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	65 min
55 min continuous · 5 min warm-up · 5 min cool-down		
Week 3		BASE
Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 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	76 min
66 min continuous · 5 min warm-up · 5 min cool-down		
Week 4		BUILD
Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	88 min
2 × 16 min–47 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	SWIM Long Swim	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	73 min
63 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 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/RUN Brick: Easy Bike → Run	135 min
2 × 31 min–79 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	58 min
48 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	122 min
2 × 27 min–70 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	111 min
2 × 23 min–63 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	SWIM Long Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	70 min
60 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	150 min
2 × 35 min–90 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 10

PEAK

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Easy Triathlon	163 min
3 × 16 min–82 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 11

PEAK

Mon	SWIM Long Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Easy Triathlon	163 min
3 × 16 min–82 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 12

RACE WEEK

Mon	SWIM Easy Swim	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	45 min
45 min continuous		
Thu	RUN Easy Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Recovery Swim	30 min
20 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		