

Intermediate **Olympic** **triathlon**



12-Week Intermediate Olympic Triathlon Plan

Target an Olympic-distance PB with race-specific bricks.

EVENT

**Olympic
triathlon**

LEVEL

Intermediate

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	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	34 min
2 × 10 min–14 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	SWIM Long Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	35 min
2 × 10 min–15 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	64 min
54 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	68 min
58 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	SWIM Long Swim	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Tue	RUN Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	BIKE Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	35 min
2 × 10 min–15 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	77 min
67 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		
Tue	SWIM Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN VO2max Intervals	35 min
3 × (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	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	83 min
2 × 15 min–43 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	SWIM Long Swim	42 min
32 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	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	74 min
64 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	83 min
73 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	50 min
40 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	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	80 min
70 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	35 min
25 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	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	68 min
58 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	135 min
2 × 31 min–79 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	30 min
4 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	34 min
2 × (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	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	113 min
2 × 24 min–64 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	SWIM Long Swim	50 min
40 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	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	80 min
70 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing 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	35 min
25 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	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	68 min
58 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	35 min
25 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	45 min
5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE VO2max Intervals	50 min
5 × (3 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	68 min
58 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	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	45 min
45 min continuous		
Wed	RUN Easy Run	45 min
35 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	35 min
25 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		