

## Training Weeks 1 & 2

|       | Monday   |        | Tuesday  |              | Wednesday |        | Thursday |              | Friday | Saturday |        | Sunday   |        |
|-------|----------|--------|----------|--------------|-----------|--------|----------|--------------|--------|----------|--------|----------|--------|
| RED   | Run/Walk |        | Run/Walk | 20 challenge | Run/Walk  |        | Run/Walk | 20 min       | OFF    | Run/Walk |        | Run/Walk | 40 min |
|       | Bike     | 30 min | Bike     |              | Bike      | 30 min | Bike     |              | OFF    | Bike     | 40 min | Bike     |        |
|       | Swim     | 7min   | Swim     |              | Swim      | 7min   | Swim     |              | OFF    | Swim     |        | Swim     |        |
|       | Strength | bonus  | Strength | 30 push ups  | Strength  | bonus  | Strength | 30 push ups  | OFF    | Strength |        | Strength |        |
|       |          | squats |          | 150 crunches |           | squats |          | 150 crunches | OFF    |          |        |          |        |
| WHITE | Run/Walk |        | Run/Walk | 25 challenge | Run/Walk  |        | Run/Walk | 25 minutes   | OFF    | Run/Walk |        | Run/Walk | 45 min |
|       | Bike     | 35min  | Bike     |              | Bike      | 35min  | Bike     |              | OFF    | Bike     | 45 min | Bike     |        |
|       | Swim     | 10min  | Swim     |              | Swim      | 10min  | Swim     |              | OFF    | Swim     |        | Swim     |        |
|       | Strength | bonus  | Strength | 50 push ups  | Strength  | bounus | Strength | 50 push ups  | OFF    | Strength |        | Strength |        |
|       |          | squats |          | 175 crunches |           | squats |          | 175 crunches | OFF    |          |        |          |        |
| BLUE  | Run      |        | Run      | 30 challenge | Run       |        | Run      | 30 minutes   | OFF    | Run      |        | Run      | 50 min |
|       | Bike     | 40 min | Bike     |              | Bike      | 40 min | Bike     |              | OFF    | Bike     | 50 min | Bike     |        |
|       | Swim     | 15 min | Swim     |              | Swim      | 15 min | Swim     |              | OFF    | Swim     |        | Swim     |        |
|       | Strength | bonus  | Strength | 75 push ups  | Strength  | bonus  | Strength | 75 push ups  | OFF    | Strength |        | Strength |        |
|       |          | squats |          | 200 crunches |           | squats |          | 200 crunches | OFF    |          |        |          |        |

### Training legend and reminders...

**Red =** Beginner

**White =** Intermediate

**Blue =** Advanced

#### **\*\*BONUS**

The bonus workout is 3 sets of 12 reps squats. Keep your chest up and sit back like you are going to the bathroom, so that your knees stay behind your ankles. Keep all of your weight in your heels. 1 set is 12 reps of down and up. The goal is to engage the gluteals to work hard!

- 1 You might be a Level Red swimmer and Level Blue runner. It doesn't matter what level you are, just work your personal fitness level
- 2 At this level, you are swimming for time, NOT laps. The goal is to start swimming not to focus on the laps  
As training progresses, you will start counting laps.
- 3 Run/Walk challenge is to build stamina. The goal is to have 50% of your workout time at a higher level. For example, warm up for 5 minutes and reach a cardio pace. Increase speed for 2 minutes then return to cardio pace for 2 minutes. Repeat for entire timed workout.
- 4 Remember: you can be a level Red swimmer and a level Blue runner or biker. Pick your individual level for training.

## Training Weeks 3 & 4

|       | Monday   | Tuesday  | Wednesday    | Thursday     | Friday     | Saturday | Sunday   |              |          |
|-------|----------|----------|--------------|--------------|------------|----------|----------|--------------|----------|
| RED   | Run/Walk | Run/Walk | 30 challenge | Run/Walk     | 35 minutes | OFF      | Run/Walk | Run/Walk     | 50 min   |
|       | Bike     | 35 min   | Bike         | Bike         | 35 min     | OFF      | Bike     | 50 min       | Bike     |
|       | Swim     | 10 min   | Swim         | Swim         | 10 min     | OFF      | Swim     |              | Swim     |
|       | Strength | bonus    | Strength     | 50 push ups  | Strength   | bonus    | Strength | 50 push ups  | Strength |
|       |          |          |              | 200 crunches |            |          |          | 200 crunches |          |
|       |          |          |              |              | OFF        |          |          |              |          |
|       |          |          |              |              | OFF        |          |          |              |          |
| WHITE | Run/Walk | Run/Walk | 35 challenge | Run/Walk     | 40 minutes | OFF      | Run/Walk | Run/Walk     | 55 min   |
|       | Bike     | 40 min   | Bike         | Bike         | 40 min     | OFF      | Bike     | 55 min       | Bike     |
|       | Swim     | 15 min   | Swim         | Swim         | 15 min     | OFF      | Swim     |              | Swim     |
|       | Strength | bonus    | Strength     | 75 push ups  | Strength   | bonus    | Strength | 75 push ups  | Strength |
|       |          |          |              | 225 crunches |            |          |          | 225 crunches |          |
|       |          |          |              |              | OFF        |          |          |              |          |
|       |          |          |              |              | OFF        |          |          |              |          |
| BLUE  | Run      | Run      | 40 challenge | Run          | 50 minutes | OFF      | Run      | Run          | 60 min   |
|       | Bike     | 45 min   | Bike         | Bike         | 45 min     | OFF      | Bike     | 60 min       | Bike     |
|       | Swim     | 20 min   | Swim         | Swim         | 20 min     | OFF      | Swim     |              | Swim     |
|       | Strength | bonus    | Strength     | 100 push ups | Strength   | bonus    | Strength | 100 push ups | Strength |
|       |          |          |              | 250 crunches |            |          |          | 250 crunches |          |
|       |          |          |              |              | OFF        |          |          |              |          |

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**Red = Beginner**

**White = Intermediate**

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The bonus workout is 3 sets of 12 reps squats. Keep your chest up and sit back like you are going to the bathroom, so that your knees stay behind your ankles. Keep all of your weight in your heels. 1 set is 12 reps of down and up. The goal is to engage the gluteals to work hard!

- 1 You might be a Level Red swimmer and Level Blue runner. It doesn't matter what level you are, just work your personal fitness level
- 2 At this level, you are swimming for time, NOT laps. The goal is to start swimming not to focus on the laps  
As training progresses, you will start counting laps.
- 3 Run/Walk challenge is to build stamina. The goal is to have 50% of your workout time at a higher level. For example, warm up for 5 minutes and reach a cardio pace. Increase speed for 2 minutes then return to cardio pace for 2 minutes. Repeat for entire timed workout.
- 4 Remember: you can be a level Red swimmer and a level Blue runner or biker. Pick your individual level for training.

## Training Weeks 5 & 6

Brick Workouts and Lap swimming, do the recommended laps or more

|              | Monday   | Tuesday | Wednesday | Thursday     | Friday   | Saturday | Sunday   |              |
|--------------|----------|---------|-----------|--------------|----------|----------|----------|--------------|
| <b>RED</b>   | Run/Walk |         | Run/Walk  | 30 challenge | Run/Walk |          | Run/Walk | 50 min       |
|              | Bike     | 35 min  | Bike      |              | Bike     | 35 min   | Bike     | 50 min       |
|              | Swim     | 6 laps  | Swim      |              | Swim     | 6 laps   | Walk/run | & 2 miles    |
|              | Strength | bonus   | Strength  | 50 push ups  | Strength | bonus    | Strength | 50 push ups  |
|              |          |         |           | 200 crunches |          |          |          | 200 crunches |
| <b>WHITE</b> | Run/Walk |         | Run/Walk  | 35 challenge | Run/Walk |          | Run/Walk | 55 min       |
|              | Bike     | 40 min  | Bike      |              | Bike     | 40 min   | Bike     | 55 min       |
|              | Swim     | 8 laps  | Swim      |              | Swim     | 8 laps   | Walk/run | 2 miles      |
|              | Strength | bonus   | Strength  | 75 push ups  | Strength | bonus    | Strength | 75 push ups  |
|              |          |         |           | 225 crunches |          |          |          | 225 crunches |
| <b>BLUE</b>  | Run      |         | Run       | 40 challenge | Run      |          | Run      | 60 min       |
|              | Bike     | 45 min  | Bike      |              | Bike     | 45 min   | Bike     | 60 min       |
|              | Swim     | 10 laps | Swim      |              | Swim     | 10 laps  | Run      | 3 miles      |
|              | Strength | bonus   | Strength  | 100 push ups | Strength | bonus    | Strength | 100 push ups |
|              |          |         |           | 250 crunches |          |          |          | 250 crunches |

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## Training Weeks 7 & 8

Brick Workouts and Lap swimming, do the recommended laps or more

|       | Monday          | Tuesday         | Wednesday       | Thursday        | Friday       | Saturday   | Sunday                    |
|-------|-----------------|-----------------|-----------------|-----------------|--------------|------------|---------------------------|
| RED   | <b>Run/Walk</b> | <b>Run/Walk</b> | 35 challenge    | <b>Run/Walk</b> | 35 minutes   | <b>OFF</b> | <b>Run/Walk</b> 55 min    |
|       | <b>Bike</b>     | 40 min          | <b>Bike</b>     | <b>Bike</b>     | 35 min       | <b>OFF</b> | <b>Bike</b> 50 min        |
|       | <b>Swim</b>     | 7 laps          | <b>Swim</b>     | <b>Swim</b>     | 7 laps       | <b>OFF</b> | <b>Walk/run</b> & 2 miles |
|       | <b>Strength</b> | bonus           | <b>Strength</b> | <b>Strength</b> | bonus        | <b>OFF</b> | <b>Strength</b>           |
|       |                 |                 |                 |                 | 225 crunches | <b>OFF</b> |                           |
| WHITE | <b>Run/Walk</b> | <b>Run/Walk</b> | 40 challenge    | <b>Run/Walk</b> | 40 minutes   | <b>OFF</b> | <b>Run/Walk</b> 60 min    |
|       | <b>Bike</b>     | 45 min          | <b>Bike</b>     | <b>Bike</b>     | 40 min       | <b>OFF</b> | <b>Bike</b> 55 min        |
|       | <b>Swim</b>     | 9 laps          | <b>Swim</b>     | <b>Swim</b>     | 9 laps       | <b>OFF</b> | <b>Walk/run</b> 2 miles   |
|       | <b>Strength</b> | bonus           | <b>Strength</b> | <b>Strength</b> | bonus        | <b>OFF</b> | <b>Strength</b>           |
|       |                 |                 |                 |                 | 250 crunches | <b>OFF</b> |                           |
| BLUE  | <b>Run</b>      | <b>Run</b>      | 45 challenge    | <b>Run</b>      | 50 minutes   | <b>OFF</b> | <b>Run</b> 65 min         |
|       | <b>Bike</b>     | 50 min          | <b>Bike</b>     | <b>Bike</b>     | 45 min       | <b>OFF</b> | <b>Bike</b> 60 min        |
|       | <b>Swim</b>     | 11 laps         | <b>Swim</b>     | <b>Swim</b>     | 11 laps      | <b>OFF</b> | <b>Run</b> 3 miles        |
|       | <b>Strength</b> | bonus           | <b>Strength</b> | <b>Strength</b> | bonus        | <b>OFF</b> | <b>Strength</b>           |
|       |                 |                 |                 |                 | 275 crunches | <b>OFF</b> |                           |

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As training progresses, you will start counting laps.
- 3 Run/Walk challenge is to build stamina. The goal is to have 50% of your workout time at a higher level. For example, warm up for 5 minutes and reach a cardio pace. Increase speed for 2 minutes then return to cardio pace for 2 minutes. Repeat for entire timed workout.
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to cardio pace for 2 minutes. Repeat for entire timed workout.

## Training Weeks 9 & 10

Brick Workouts and Lap swimming, do the recommended laps or more

|              | Monday   | Tuesday  | Wednesday    | Thursday     | Friday     | Saturday | Sunday       |              |      |          |
|--------------|----------|----------|--------------|--------------|------------|----------|--------------|--------------|------|----------|
| <b>RED</b>   | Run/Walk | Run/Walk | 35 challenge | Run/Walk     | 40 minutes | OFF      | Run/Walk     |              |      |          |
|              | Bike     | 40 min   | Bike         | Bike         | 35 min     | OFF      | Bike         | 11 miles     | Bike |          |
|              | Swim     | 9 laps   | Swim         | Swim         | 9 laps     | OFF      | Walk/run     | & 2 miles    | Swim | 10 laps  |
|              | Strength | bonus    | Strength     | 75 push ups  | Strength   | bonus    | Strength     | 75 push ups  | OFF  |          |
|              |          |          |              | 225 crunches |            |          | 225 crunches | OFF          |      |          |
| <b>WHITE</b> | Run/Walk | Run/Walk | 40 challenge | Run/Walk     | 45 minutes | OFF      | Run/Walk     |              |      |          |
|              | Bike     | 45 min   | Bike         | Bike         | 40 min     | OFF      | Bike         | 12 miles     | Bike |          |
|              | Swim     | 10 laps  | Swim         | Swim         | 10 laps    | OFF      | Walk/run     | 3 miles      | Swim | 12 laps  |
|              | Strength | bonus    | Strength     | 100 push ups | Strength   | bonus    | Strength     | 100 push ups | OFF  | Strength |
|              |          |          |              | 250 crunches |            |          | 250 crunches | OFF          |      |          |
| <b>BLUE</b>  | Run      | Run      | 45 challenge | Run          | 50 minutes | OFF      | Run          |              |      |          |
|              | Bike     | 50 min   | Bike         | Bike         | 45 min     | OFF      | Bike         | 13 miles     | Bike |          |
|              | Swim     | 12 laps  | Swim         | Swim         | 12 laps    | OFF      | Run          | 4 miles      | Swim | 14 laps  |
|              | Strength | bonus    | Strength     | 125 push ups | Strength   | bonus    | Strength     | 125 push ups | OFF  | Strength |
|              |          |          |              | 300 crunches |            |          | 300 crunches | OFF          |      |          |

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## Training Week 11

|              | Monday   | Tuesday  | Wednesday    | Thursday     | Friday     | Saturday | Sunday       |              |      |          |
|--------------|----------|----------|--------------|--------------|------------|----------|--------------|--------------|------|----------|
| <b>RED</b>   | Run/Walk | Run/Walk | 40 challenge | Run/Walk     | 45 minutes | OFF      | Run/Walk     |              |      |          |
|              | Bike     | 45 min   | Bike         | Bike         | 45 min     | OFF      | Bike         | 12 miles     | Bike |          |
|              | Swim     | 10 laps  | Swim         | Swim         | 10 laps    | OFF      | Walk/run     | 3 miles      | Swim | 12 laps  |
|              | Strength | bonus    | Strength     | 75 push ups  | Strength   | bonus    | Strength     | 75 push ups  | OFF  |          |
|              |          |          |              | 225 crunches |            |          | 225 crunches | OFF          |      |          |
|              |          |          |              |              |            | OFF      |              |              |      |          |
| <b>WHITE</b> | Run/Walk | Run/Walk | 45 challenge | Run/Walk     | 50 minutes | OFF      | Run/Walk     |              |      |          |
|              | Bike     | 50 min   | Bike         | Bike         | 50 min     | OFF      | Bike         | 13 miles     | Bike |          |
|              | Swim     | 11 laps  | Swim         | Swim         | 11 laps    | OFF      | Walk/run     | 3.5 miles    | Swim | 13 laps  |
|              | Strength | bonus    | Strength     | 100 push ups | Strength   | bonus    | Strength     | 100 push ups | OFF  | Strength |
|              |          |          |              | 250 crunches |            |          | 250 crunches | OFF          |      |          |
|              |          |          |              |              |            | OFF      |              |              |      |          |
| <b>BLUE</b>  | Run      | Run      | 50 challenge | Run          | 55 min     | OFF      | Run          |              |      |          |
|              | Bike     | 55 min   | Bike         | Bike         | 55 min     | OFF      | Bike         | 14 miles     | Bike |          |
|              | Swim     | 13 laps  | Swim         | Swim         | 13 laps    | OFF      | Run          | 4 miles      | Swim | 15 laps  |
|              | Strength | bonus    | Strength     | 125 push ups | Strength   | bonus    | Strength     | 125 push ups | OFF  | Strength |
|              |          |          |              | 300 crunches |            |          | 300 crunches | OFF          |      |          |

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Wk 12

Last Week of Training

|              | Monday   | Tuesday | Wednesday                | Thursday          | Friday                | Saturday | Sunday                 |
|--------------|----------|---------|--------------------------|-------------------|-----------------------|----------|------------------------|
| <b>RED</b>   | Run/Walk |         | Run/Walk 30 minutes easy | Run/Walk          | 20 min easy           | OFF      |                        |
|              | Bike     |         | Bike                     | Bike 30 min. easy | Bike                  | OFF      | RACE DAY!! CELEBRATE!! |
|              | Swim     | 9 laps  | Swim                     | Swim              | Swim                  | OFF      | GREAT JOB!!            |
|              | Strength |         | Strength 75 push ups     | Strength          | Strength 75 push ups  | OFF      |                        |
|              |          |         | 200 crunches             |                   | 200 crunches          | OFF      |                        |
| <b>WHITE</b> | Run/Walk |         | Run/Walk 35 minutes easy | Run/Walk          | 30 min easy           | OFF      |                        |
|              | Bike     |         | Bike                     | Bike 45 min easy  | Bike                  | OFF      |                        |
|              | Swim     | 10 laps | Swim                     | Swim              | Swim                  | OFF      |                        |
|              | Strength |         | Strength 100 push ups    | Strength          | Strength 100 push ups | OFF      |                        |
|              |          |         | 250 crunches             |                   | 250 crunches          | OFF      |                        |
| <b>BLUE</b>  | Run      |         | Run 40 minutes easy      | Run               | 35 min easy           | OFF      |                        |
|              | Bike     |         | Bike                     | Bike 50 min easy  | Bike                  | OFF      |                        |
|              | Swim     | 12 laps | Swim                     | Swim              | Swim                  | OFF      |                        |
|              | Strength |         | Strength 125 push ups    | Strength          | Strength 125 push ups | OFF      |                        |
|              |          |         | 300 crunches             |                   | 300 crunches          | OFF      |                        |

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