

# Week 1 Training Program

WEEK 1 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Make sure your bike is serviced and ready for the roads</p> <p>When swimming remember to take your time</p> <p>Perhaps consider private swim lessons as an option?</p>	<p><b><u>RUNNING</u></b></p> <p>15/20 Mins run Option: 1 min walk/1 min run</p>	<p><b><u>SWIM</u></b></p> <p>Focus is 25m swim</p> <p>Warm up: 100m swim 4x25m kick</p> <p>Cool Down: 6-8 25m swims with 20 second rests in between</p>	<p><b><u>CROSS TRAIN</u></b></p> <p>Choice: yoga or strength (TRX workout)</p>	<p><b><u>BIKE</u></b></p> <p>20 minutes outside or attend a spin class</p> <p><b>**Note, if attending spin class work at 70%</b></p>	<p><b><u>DAY OFF</u></b></p>	<p><b><u>BRICK</u></b></p> <p>Bike/run 20 Min biking at an easy pace and 10 min running off of bike Option 1 min jog/1 min walk</p>	<p><b><u>SWIM</u></b></p> <p>Focus is 25m swim</p> <p>Warmup: 100m swim 4x25m kick</p> <p>Cool down: 8-10 x 25m swims with 20 second rests in between</p>

For any questions about the 12-week training program contact Paolina Allan at [paolinaallan@me.com](mailto:paolinaallan@me.com)