

Week 2 Training Program

Welcome to week 2! If you're looking at this schedule it must mean you have completed week one, awesome job! This week's workouts are similar to lasts with some minor adjustments to time and distance.

And remember, this is the perfect opportunity to get outside and get fit, so get your friends and family in on the fun and share your experiences with the MultiSport Canada community on Instagram and FB with #MSCtri!

| WEEK 2 FOCUS | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| -How old are your running shoes? Ideally 500-650 km per set of runners | <u>RUNNING</u> - 15/20 Mins run - Option: 1 min walk/1 min run | <u>SWIM</u> - Focus is 25m swim - Warm up: 100m swim 4x25m kick - Cool Down: 10x25m rest 20" | <u>CROSS TRAIN</u> - Choice: yoga or strength (TRX workout) -It's also ok to have the day off | <u>BIKE</u> - 20 minutes outside or attend a spin class **Note, if attending spin class work at 70% | <u>DAY OFF</u> | <u>BRICK</u> - Bike/run - 25 Min biking at an easy pace and 10 min running off of bike - Option 1 min jog/1 min walk | <u>SWIM</u> - Focus is 25m swim - Warmup: 100m swim 4x25m kick - Cool down: 12x 25m swims with 20 second rests in between |

For any questions about the 12-week training program contact Paolina Allan at paolinaallan@me.com