

Week 3 Training Tips

Welcome to week three! We at MultiSport Canada hope that you are enjoying the training process and are having fun preparing for your triathlon season, as well a healthier and fitter lifestyle! Whatever your end goal may be with this program, we are cheering for you every step of the way!

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

WEEK 3 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY
- Proper sports bras make running much more enjoyable, we need the support!	<u>RUNNING</u> - 20 Mins run - Option: 30" sec walk/30" sec run	<u>SWIM</u> - Focus is 25m swim - Warm up: 100m swim 4x25m kick - Cool Down: 10 25m swims with 20 second rests in between	<u>CROSS TRAIN</u> - Choice: yoga or strength (TRX workout)	<u>BIKE</u> - 30 minutes outside or attend a spin class **Note, if attending spin class work at 75%	<u>DAY OFF</u>	<u>BRICK</u> - Bike/run - 30 Min biking at an easy pace and 10 min running off of bike - Option 1 min jog/1 min walk