

Week 9 Training Tips

7/10/2017

Welcome to week nine! We are focusing on building up confidence this week, whether that means exploring new terrain on your runs, adding more hills to your bike ride, or swimming in the lake - now is the time to do it! Push yourself in your training, go the extra distance, and find yourself getting more and more comfortable as well prepared for the race days ahead!

WEEK 9 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	
<ul style="list-style-type: none">- Confidence building week! YOU CAN DO THIS!- Lake swim this week	<u>RUNNING</u> <ul style="list-style-type: none">- 40 Mins run- Add in hills and mix terrain	<u>SWIM</u> <ul style="list-style-type: none">- 25m sprints x 20- Include a W/U and C/D- Bike 30 mins	<u>CROSS TRAIN</u> <ul style="list-style-type: none">- Core workout	<u>BIKE</u> <ul style="list-style-type: none">- Spin class or hilly terrain ride for 50 mins- Swim 800m	<u>DAY OFF</u>	<u>BRICK</u> <ul style="list-style-type: none">- 60 min bike mixed terrain- 20 min run	<u>SWIM</u> <ul style="list-style-type: none">- Total swim 800m- Run 30 mins

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