

Week 4 Training Tips

Welcome to week four! June is finally here and that means the days are getting longer and hotter so there is plenty of time to squeeze in these workouts during your day and, remember to take advantage of those cool swims!

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
- Learn to fix a flat tire	<u>RUNNING</u> - 25 Mins run - Option: 2 min jog/1 min walk	<u>SWIM</u> - Focus is 50m swim - Warm up: 6x50m nonstop - Cool Down	<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 70%	<u>DAY OFF</u>	<u>BRICK</u> - Bike/run - 40 Min biking at an easy pace and 10 min running off of bike - Option 1 min jog/1 min walk