

# Week 5 Training Tips

6/2/2017

Welcome to week five! This week we are focusing on building a stronger core! So, look ahead and be aware of the weeks new schedule as it includes some workouts and additions you have never seen on here before!

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

WEEK 5 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY
- Core strength is the focus this week as it is the ending to your movement!	<b><u>RUNNING</u></b> - 25 Mins run - Option: 2min run / 30"-60" walk	<b><u>SWIM</u></b> - Focus is 50m swim - Warm up: 8x50m nonstop - Cool Down	<b><u>CROSS TRAIN</u></b> - CORE WORKOUT !	<b><u>BIKE</u></b> - 40 minutes outside or attend a spin class	<b><u>DAY OFF</u></b>	<b><u>BRICK</u></b> - Bike/run - 45 Min biking at an easy pace and 15 min running off of bike