

Week 11 Training Tips

7/24/2017

Welcome to week eleven! With ten weeks down and two to go you've come a long way since the beginning - awesome job!

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

| WEEK 10 FOCUS | MONDAY | TUESDAY | WENESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---------------------------|---|-----------------------|---|
| - Have your bike serviced this week - velofix.com | <u>RUNNING</u> - 5km run - Strength work | <u>SWIM</u> - Swim W/U and C/D main set - 8 x 100m rest 20' - Bike 15km | <u>CROSS TRAIN</u> | <u>BIKE</u> - Spin class or hilly terrain ride for 50 mins - Swim 800m | <u>DAY OFF</u> | <u>BRICK</u> - Bike total: 20km - Run for 30 min |