

# Week 12 Training Tips

7/31/2017

Welcome to week twelve - the final week of Paolina Allan's training program! You've come a long way since the beginning and we hope that over the course of the past 12 weeks you have learned new skills and have discovered new limits that your mind and your body can handle! Good luck in the rest of your triathlon season!

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

| WEEK 12 FOCUS                   | MONDAY                       | TUESDAY  | WENESDAY                             | THURSDAY              | FRIDAY   | SATURDAY   |
|---------------------------------|------------------------------|--|--------------------------------------|-----------------------|--|--|
| - Taper Week .<br>. . Race Day! | <b><u>RUNNING</u></b><br>OFF | <b><u>SWIM</u></b><br>- Swim 400m non<br>stop<br>- Run for 30 mins | <b><u>BIKE</u></b><br>15 - 18km bike | <b><u>DAY OFF</u></b> | <b><u>EASY RUN</u></b><br>- 15 mins<br>- Swim 400m | <b><u>RACEDAY!</u></b><br>- Wooohoo you<br>have made it,<br>now it is time to<br>put it all together<br>in your race!<br>Celebrate and<br>good luck! |