

# Week 7 Training Tips

6/26/2017

Welcome to week seven! You're half way through Paolina Allan's training program and the finish line is in sight! Keep on pushing - you're almost there!

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

WEEK 7 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This week focus on bridging together a smooth 20 min consistent run	<b><u>RUNNING</u></b> - 30 Min run - Add in hills and mixed terrain	<b><u>SWIM</u></b> - 25m sprints x 18 - Include a warmup and cool down - Bike for 30 mins	<b><u>CROSS TRAIN</u></b> - CORE WORKOUT !	<b><u>BIKE</u></b> - Spin class or hilly terrain ride for 45 mins - Swim for 700m	<b><u>DAY OFF</u></b>	<b><u>BRICK</u></b> - 55 min Bike with mixed terrain - 20 min run	<b><u>SWIM</u></b> - Swim total 800-1000m - Strength work for 30 mins