

Week 10 Training Tips

7/17/2017

Welcome to week ten! With only three more weeks to go it is time to kick things into high gear! This week will be a tough week filled with long swims, runs and rides - but thanks to your last nine weeks of training - it's nothing you cant already handle!

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
- Long bike rides this week! Make sure to drink water on the bike as well have some calories! i.e., a banana	<u>RUNNING</u> - 5km run	<u>SWIM</u> - 25m sprints x 20 - Include a W/U and C/D - Bike 15km	<u>CROSS TRAIN</u> - Core workout	<u>BIKE</u> - Spin class or hilly terrain ride for 50 mins - Swim 1000m	<u>DAY OFF</u>	<u>BRICK</u> - Bike total: 25km - Run for 30 min