

Week 8 Training Tips

7/3/2017

Welcome to week eight!

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

WEEK 8 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY
- When the training gets tough, bring everything back to your breathing and posture. Think tall and light on your feet	<u>RUNNING</u> - 35 Mins run - Add in hills and mix terrain	<u>SWIM</u> - 25m sprints x 20 - Include a W/U and C/D - Bike 30mins	<u>CROSS TRAIN</u> - Core workout	<u>BIKE</u> - spin class or hilly terrain ride for 50 mins - Swim 800m	<u>DAY OFF</u>	<u>BRICK</u> - 60 min bike mixed terrain - 20 min run