**Week 1**

**Monday: Biking Fartlek-**

1 minute hard 1 minute easy, 2 minute hard 2 minutes easy,…3, 4, up to 5 minutes (do 5 minutes twice) and back down.

CORE: 7 minutes of Abs, 25 pushups

Total Workout Time: 70 minutes (60 minutes of biking 10 minutes of CORE)

**Tuesday: Running Accelerates-**

30-60 minute run with 3x5 minutes accelerated (get faster by the end of push) pushes get up to 5K race effort

CORE: 10 of each: Donkey kicks, Fire Hydrants, Hurdlers, Chair kicks

7 minutes of abs and 3x15 sets of pushups, 30 squats, 90 second plank

**Wednesday: Recovery/Swimming Form-**

Get down your swim form-

practice turns, freestyle swim and breaststroke

CORE: 7 minutes of Abs, 28 pushups

If you feel like you want to add more…..Add a 30-60 minute Bike Ride

**Thursday: Bike Strength Training-**

Warmup 5 minutes.

5 Sets (on every 3 minutes): 1) 15 pushups, 15 military press (10-15lbs), hard bike

 2) 15 squats, 15 curls (10-15lbs), hard bike

 3) 15 (on each leg) one-legged squats, 15 squat thrusts/burpies, hard bike

 4) 15 bent row, 1 minute of planks, hard bike

 5) 15 dead legs, 90 seconds of abs, hard bike

repeat 5 sets 3x’s (no breaks) (you may only do 2 sets if needed)

10 minute cool-down

**Friday: Recovery Run (30-60 minutes)-**

**Saturday: Biathlon Practice** (Choose 2 of the 3)

800 meter swim

4 mile run

15 mile bike ride

CORE: 7 minute abs, 30 pushups

**Sunday: Rest**

**Week 2:**

**Monday: Swim Sprints-**

16x50 meter sprints (all out) Equal Rest

CORE: 8 minutes of Abs, 3x16pushups

**Tuesday: Bike Easy Recovery:**

45-75 minutes with 1 minute push every 10 minutes

CORE: Squats, Drills, Pushups, Abs….design your own Make it Hurt

**Wednesday: Run Mile Repeats-**

5-15 minute warm-up, 3-mile repeats at race effort with 5 minutes rest in between each, 5-15 minute cool-down

CORE: 8 minutes of Abs, 3x17 pushups

**Thursday: Biking Repeats-** 15 minute warmup…3x2 mile repeats….15 minute cooldown

CORE: Between every repeat you have 5 minutes to do the following and rest: 15 pushups, 15 squat thrusts/burpies, 25 squats, 1 minute of abs and then rest

**Friday: Recovery Swim Form-**

Work on your swimming form you may add in a 30-60 minute bike ride if you want to.

**Saturday:Endurance Day-**

Get at least 90 minutes of exercise: biking, swimming, or running or all 3☺

CORE: 8 minutes of abs, 3x18 pushups

**Sunday: Rest**

**Week 3**

**Monday: Swim Aerobics, Ten Three Pea-**

Work on your form for 3 laps

10 minutes (no arms) treading water then swim 3 laps freestyle then up to 3 min rest

10 minutes (no legs) treading water then swim 3 laps breast stroke then up to 3 min rest

Run in water (high knees) for 10 minutes

All out swim for 3 laps

CORE: 9 minutes of abs and 35 pushups

Total Workout Time: 45-60 minutes

**Tuesday: Recovery Accelerate Run-**

Run 30-60 minutes recovery pace….. pick it up gradually the last 10 minutes until you reach 5K race pace

CORE: Ladder: 1 pushup 10 abs, 2 pushups 20 abs, 3 pushups 30 abs….up to 10 (ten only once) and back down. 3x20 squats.

**Wednesday: Bike Accelerates**

45-75 minute bike ride with 6x5 minute pushes at race effort

CORE: 9 minutes of abs, 38 pushups, drills: high knees, grapevine, skips etc.

**Thursday: Swim Circuit-**

Swim for 4 minutes then do 1 minute of abs, 10 pushups, and 20 squats.

Repeat this 10-15 times.

**Friday: Recovery Bike Ride-**

45-60 minutes

**Saturday: Endurance Day, Run n Ride-**

90 minutes: find a partner: one person rides the bike ahead and then drops the bike and starts running. The other person starts out running, gets to the bike, hops on, rides past the other person and drops the bike. Continuously trading off, do this for 90 minutes.

CORE: 9 minutes of abs and 40 pushups

**Sunday: Rest**

**Week 4:**

**Monday: Running Wild-**

9x1000 meters. You will need a track, do these at your goal race pace

CORE: 10 minutes of abs, 3x 20 pushups

**Tuesday: Recovery Swim-**

Work on your Form and also Add a 30-60 minute bike ride

CORE: 12 of each: Donkey kicks, Fire Hydrants, Hurdlers, Chair kicks

10 minutes of abs and 3x15 sets of pushups, 30 squats, 90 second plank

**Wednesday:** **Bike Strength Training-**

Warmup 5 minutes.

5 Sets (on every 3 minutes): 1) 15 pushups, 15 military press (10-15lbs), hard bike

 2) 15 squats, 15 curls (10-15lbs), hard bike

 3) 15 (on each leg) one-legged squats, 15 squat thrusts/burpies, hard bike

 4) 15 bent row, 1 minute of planks, hard bike

 5) 15 dead legs, 90 seconds of abs, hard bike

repeat 5 sets 3x’s (no breaks) (you may only do 2 sets if needed)

10 minute cool-down

**Thursday: Swim Hard-**

8x100 meter swims at race pace…. equal rest

Add in a 30-60 minute bike ride

CORE: Design your own Abs, pushups, squats….make it hurt

**Friday: Recovery Run-**

30-60 minutes

**Saturday: Endurance Day-**

>90 minutes of running, swimming, or biking…..or all 3☺

CORE: 10 minutes of abs, 3 x 24 pushups

**Week 5: The Pain Train**