

SHESPRINTS - DUATHLON
Workouts: 4/28/2024 - 5/4/2024



Sunday, April 28, 2024

Rest Day

**Switch if need be (with a day in the week, make it an even swap).

Recovery is just as important in a training program as a workout.

Monday, April 29, 2024

Run - Moderate / Steady Pace

Run / walk 25-50 min

Moderate Pace

Choose different route outside or mix speeds on treadmill.

Tuesday, April 30, 2024

Strength Training

Lower Body Wt Training

See workout example below OR take a group exercise class OR hire a trainer. NOTE: make sure you are using proper form when performing these exercises. When in doubt, ALWAYS ask a professional. Perform 2-3 sets / 12-15 reps each

Extended Squats - Lower into Squat position. Extend up on toes after you raise up (hold DB or MB)

Bridges / Hip Lifts on FB - (Lie supine on the floor / heels on FB, lift and lower / hover over floor / Hip Lifts - soles of feet on the ball and press hips to ceiling)

One Legged Lifts off the floor - Seated on floor with legs extended out - lift leg off the floor 15x, then switch sides.

SIDE Walking Lunges with 10-12 DB Press - Take a step out to the side, keeping MB at chest. When legs come together, press MB out in front

Glute raises - rest on all 4s - extend one leg out straight and press heel up to ceiling, perform reps on one side, then switch sides

Ice Skaters - Explode and balance from side to side with balance / pause on each side before pushing off foot - 15-20x

Wednesday, May 1, 2024

Bike - Intervals

40 - 60 min

If possible, bike outside to practice and gain confidence. Vary your speeds and cadence. If you can't bike outside, take a spin class or ride stationary bike / trainer with interval work (Power, followed by recovery for specific amounts of time)

NOTE: if you don't have access to a bike, do Cardio for 40-60 min.

Run - Tempo Run

Warm-up / Wake up

***Can be done immediately following the bike workout or separate time of day.

Use Run / Walk ratio if needed

1st mile Build (get faster within the mile)

1/2 mile Strong Pace / Tempo Run

1/2 mile Recover / EZ / Cool down

***Optional - repeat last 2 lines of workout to make it a 3 mile run vs 2 mile run.

Thursday, May 2, 2024

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, May 3, 2024

Run - Moderate / Steady Pace

Run 30-35 min

Use Run / Walk ratio

Moderate Pace

Saturday, May 4, 2024

Bike - Long Ride

10-15 miles

Cherry Creek Reservoir (where race will be) or you pick the course.

Grab a workout buddy to join you!

As always, safety first a wear a helmet.

If no access to a bike, do cardio for 45-60 min.