

**SHESPRINTS - DUATHLON**  
**Workouts: 5/19/2024 - 5/25/2024**



**Sunday, May 19, 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, May 20, 2024**

**Run - Moderate / Steady Pace**

**Run / walk 30-60 min**

Moderate Pace

When you increase duration of workouts, slow down pace tiny bit to ensure completion of workout.

Compare your time to your previous workouts.

**Tuesday, May 21, 2024**

**Strength Training**

**Upper Body Strength Training**

Alternate Arm cable row (face machine) - pull cable back from elbow, squeeze shoulder blades together, alternating arms. Perform 15 reps, using 20-30 lb wt on machine

Alt arm tricep kickbacks (lean forward, elbows along ribcage) - Extend from one elbow with one arm, return to start, then extend other arm. Use 8-10 lb DB - 12 reps each

Bicep curls with Long bar (red ends). Perform 10 reps, then hold at 90 degrees for 10 seconds, followed by 10 second pulses

\*\*Repeat above 3 exercises 2-3 times

Chest Press with a sit-up - lie on mat, palms holding wts, facing knees. As you press DB up to ceiling, sit up into crunch - only neck and upper back come off the floor - use 12 lb DB - 15 reps

Plie squats with Front Lateral Raise - toes pointed out, lower down into squat position - stay in squat position as you raise DB out in front to shoulder height, lower wt. back down, then extend back up to start. Use 10-12 lb wts - 12 reps

MB switch-ups lying on MAT - legs out straight, arms overhead, holding MB. Perform full sit-up, bringing ball overhead towards the feet, Twist to one side as you perform full sit-up. Return to start and repeat, twisting to other side. Use 12 lb ball - 10-12 reps each side.

\*\*Repeat above 3 exercises 2-3 times.

**Wednesday, May 22, 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.

**Thursday, May 23, 2024**

**Rest Day**

**Active Stretch**

Keep moving, but don't do anything too strenuous

**Friday, May 24, 2024**

**Run - Tempo Run**

**Endurance Sprints with quick Recovery**

Warm-up 2-3 min.

Run 1/4 mile EZ

Run 1/2 mile Stronger Pace

Repeat 3-5x

Cool down

**Saturday, May 25, 2024**

**Bike - Long Ride**

**12-15 miles**

Moderate pace to prepare for run off the bike.

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

---

**Run - Moderate / Steady Pace****Run off the Bike**

Find your runner's legs right after the bike ride.

Run / Walk ratio (your choice of ratio) for 1 mile. Beginning will feel off and heavy, but try to find your rhythm.