

**SHESPRINTS - TRIATHLON**  
**Workouts: 4/1/2024 - 4/30/2024**



**Monday, April 1, 2024**

**Run - Moderate / Steady Pace**

**Run / walk 25-45 min**

Moderate Pace

Or do Run / Walk combo with longer running ratio to increase your endurance.

**Tuesday, April 2, 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, April 3, 2024**

**Bike - Intervals**

**35 - 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 35-60 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 for a 3 mile workout vs 2 mile workout.

**Thursday, April 4, 2024**

**Rest Day**

**Active Stretch**

Take a Yoga or Pilates Class or focus on stretching.

**Friday, April 5, 2024**

**Swim - Endurance**

## Varied repeats

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

Warm-up: 100 Swim

8 x 75s

#1-3 - Freestyle

#4 - Kick

#5 & #6 - Pull

#7 & #8 - Stronger Pace

100 Swim: 20-30 sec rest

150 Swim: 20-45 sec rest

200 Swim: 30 sec - 1 min rest

100 cool down

## Saturday, April 6, 2024

### Bike - Long Ride

#### 10-15 miles

You pick the course.

Grab a workout buddy to join you!

As always, safety first and wear a helmet.

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

## Sunday, April 7, 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 8, 2024

### Run - Moderate / Steady Pace

#### Run / walk 25-50 min

Moderate Pace

Choose different route outside or mix speeds on treadmill.

## Tuesday, April 9, 2024

### Strength Training

#### Upper 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.

Upper Body - 10-15 reps, 2-3 sets

Chest Press lying on FitBall (neck and upper back supported on the ball) - Alternate Arms pressing up to ceiling

St. Arm Pulldowns cable at top, pull straight down to one thigh, slow returning to start - alternate sides

Tricep Overhead elbows in, extend Dumbbell up to ceiling

Alternate arm Front Lateral Raises - Raise Dumbbell up in front to shoulder height

Squats w/ Bicep curls - Lower down to a squat, arms holding DB at side. As you extend up, curl up from elbows.

Back Extensions lying prone on the FB - Lift straight up - small range of motion

Obliques on MAT - knees into chest and extend out. Repeat on same side, then switch sides.

### Wednesday, April 10, 2024

#### **Bike - Power/Strength**

**35 - 60 min**

If possible, bike outside to practice and gain confidence. WORK ON HILLS and keep cadence smooth and steady.

If you can't bike outside, take a spin class or ride stationary bike / trainer with resistance training to build power/ strength.

NOTE: if you don't have access to a bike, do Cardio for 35-60 min.

### Thursday, April 11, 2024

#### **Rest Day**

##### **Active Stretch**

Keep moving, but don't do anything too strenuous

### Friday, April 12, 2024

#### **Swim - Intervals**

##### **Pacing**

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

100 Warm-up

2 x 100 Moderate / Strong Pace : 30-45 sec Rest

200 Moderate pace (get time)

3 x 100 Moderate Pace: 30-45 sec Rest

100 Cool down

### Saturday, April 13, 2024

#### **Bike - Long Ride**

**10 - 12 miles**

Find a route with rolling hills for a challenge.

Grab a workout buddy to join you!

As always, safety first a wear a helmet.

If no access to a bike, do cardio for 30-45 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.

### Sunday, April 14, 2024

#### **Rest Day**

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

Stretch to improve flexibility & performance.

### Monday, April 15, 2024

#### **Run - Moderate / Steady Pace**

**Run / walk 20-30 min**

It is important to lighten up the workout load every 3-4 weeks to have muscles recover. This way, you can ramp back up refreshed and ready to go!

### Tuesday, April 16, 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, April 17, 2024

### Bike - Intervals

#### 30-35 min

Lighter week - less volume allows your muscles to recover.

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 35-60 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

## Thursday, April 18, 2024

### Rest Day

#### Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

## Friday, April 19, 2024

### Swim - Recovery Swim

#### Your Choice or Repeat Prior workout

Either swim for time (meaning 20-45 min swim) or

swim for distance (800-1500 yds)

## Saturday, April 20, 2024

### Bike - Long Ride

#### 10 miles

Shorter distance = stronger pace

Find a route with rolling hills for a challenge.

Grab a workout buddy to join you!

As always, safety first a wear a helmet.

If no access to a bike, do cardio for 30-45 min.

## Sunday, April 21, 2024

### Rest Day

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

Glve your muscles a break!!

## Monday, April 22, 2024

### Run - Moderate / Steady Pace

#### Run / walk 30-60 min

Moderate Pace

Starting to increase duration of workouts. Slow down pace tiny bit to ensure completion of workout.

Should start to feel stronger with your workouts.

## Tuesday, April 23, 2024

### Strength Training

#### Upper 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.

Upper Body - 10-15 reps, 2-3 sets

Chest Press lying on FitBall (neck and upper back supported on the ball) - Alternate Arms pressing up to ceiling

St. Arm Pulldowns cable at top, pull straight down to one thigh, slow returning to start - alternate sides

Tricep Overhead elbows in, extend Dumbbell up to ceiling

Alternate arm Front Lateral Raises - Raise Dumbbell up in front to shoulder height

Squats w/ Bicep curls - Lower down to a squat, arms holding DB at side. As you extend up, curl up from elbows.

Back Extensions lying prone on the FB - Lift straight up - small range of motion

Obliques on MAT - knees into chest and extend out. Repeat on same side, then switch sides.

## Wednesday, April 24, 2024

### Bike - Power/Strength

#### 35 - 60 min

If possible, bike outside to practice and gain confidence. WORK ON HILLS and keep cadence smooth and steady.

If you can't bike outside, take a spin class or ride stationary bike / trainer with resistance training to build power/ strength.

NOTE: if you don't have access to a bike, do Cardio for 35-60 min.

## Thursday, April 25, 2024

### Rest Day

#### Active Stretch

Keep moving, but don't do anything too strenuous

## Friday, April 26, 2024

### Swim - Drills

#### Drag Drills

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

Warm-up: 100 Swim

Drag Drills: 50 Forearms breaching surface - fists clenched / 50 Wrists dragging - hands normal / 50 Finger tips / 50 Normal stroke

200 Pull - Breathe every 3 strokes

50 kick

3 x 100s (Odd lengths, drag fingertips / even lengths normal stroke) : 30 sec rest

100 Cool down

## Saturday, April 27, 2024

### **Bike - Long Ride**

**10-15 miles**

Moderate pace to prepare for run off the bike.

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

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### **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.

## 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