

SHESPRINTS - TRIATHLON
Workouts: 1/28/2024 - 3/30/2024



Sunday, February 25, 2024

Rest Day

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

Stretch to improve flexibility & performance.

Monday, February 26, 2024

Run - Moderate / Steady Pace

Run / walk 20-30 min

Optional: Use a run / walk ratio to build your endurance

Example:

Run 3-5 min / Walk 1-2 min

Repeat until time achieved.

Tuesday, February 27, 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 & Core - 10-15 reps, 2-3 sets

Chest Fly on FB

St. Arm Pulldowns (cable at top, pull straight down to thigh, slow returning to start)

Tricep Overhead (elbows in, extend up to ceiling)

Alternate arm shoulder presses

Back lunges w/ Bicep curls - alternate legs

Obliques on BOSU - knees into chest

Wednesday, February 28, 2024

Bike - Spin Class

30-60 min Bike

Either take a spin class or use stationary bike or wind trainer. Vary the resistance and cadence throughout the workout.

NOTE: if you don't have access to a bike, do Cardio for 30-45 min.

Thursday, February 29, 2024

Rest Day

Active Stretch

Keep moving, but don't do anything too strenuous

Friday, March 1, 2024

Swim - Recovery Swim

GET BACK IN THE POOL

Beginners: do some laps / take breaks in between 50s and 100s.

Intermediate / Advanced: Swim 30 min or 800 - 1500 meters - mixture of Swimming / Pulling /

Kicking -

your choice

Saturday, March 2, 2024

Cross Training

Your Choice of Cardio

20-45 min.

Moderate activity - your choice.

Sunday, March 3, 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, March 4, 2024

Run - Moderate / Steady Pace

Run / walk 20-45 min

Optional: Use a run / walk ratio to build your endurance

Example:

Run 3-5 min / Walk 1-2 min

Repeat until time achieved.

Tuesday, March 5, 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.

Lower Body at Home 10-15 reps, 2-3 sets

Squats w/ DB - press out in front as you extend up

Side Lunges w/ DB w/balance in between

15 step-ups on Step / 15 Side step-ups on step

Back lunges raising FB or DB overhead as you lunge back

One legged Squats (holding DB)

Mountain climbers (45 seconds)

Wednesday, March 6, 2024

Bike - Spin Class

30-60 min Bike

Either take a spin class or use stationary bike or wind trainer. Vary the resistance and cadence throughout the workout.

NOTE: if you don't have access to a bike, do Cardio for 30-45 min.

Thursday, March 7, 2024

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, March 8, 2024

Swim - Recovery Swim

We will be giving swim workouts within next couple weeks. For now, just work on technique, feeling comfortable in the water, and relax.

Swim 20-30 min

Beginners: Combination of 50s and 100s (2 lengths and 4 lengths of the pool respectively)

Advanced: Combo of 100s and 200s

Saturday, March 9, 2024

Cross Training

Your Choice of Cardio

20-60 min.

If weather permits, do something outdoors to enjoy the fresh air.

Sunday, March 10, 2024

Rest Day

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

Stretch to improve flexibility & performance.

Monday, March 11, 2024

Run - Moderate / Steady Pace

Run / walk 20-45 min

Optional: Use a run / walk ratio to build your endurance

Example:

Run 3-5 min / Walk 1-2 min

Repeat until time achieved.

Tuesday, March 12, 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 & Core - 10-15 reps, 2-3 sets

Chest Fly on FB

St. Arm Pulldowns (cable at top, pull straight down to thigh, slow returning to start)

Tricep Overhead (elbows in, extend up to ceiling)

Alternate arm shoulder presses

Back lunges w/ Bicep curls - alternate legs

Obliques on BOSU - knees into chest

Wednesday, March 13, 2024

Bike - Spin Class

30-60 min Bike

Either take a spin class or use stationary bike or wind trainer. Vary the resistance and cadence throughout the workout.

NOTE: if you don't have access to a bike, do Cardio for 30-45 min.

Thursday, March 14, 2024

Rest Day

Active Stretch

Keep moving, but don't do anything too strenuous

Friday, March 15, 2024

Swim - Endurance

Endurance check

Record how many lengths you can do in 20-30 min

Feel free to take as many breaks as needed - just getting a baseline for your endurance

Advanced: Record how many lengths you can do in 30-45 min timeframe

Breaks included.

Saturday, March 16, 2024

Cross Training

Your Choice of Cardio

20-60 min.

Try to do something other than swimming, biking, or running.

Sunday, March 17, 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, March 18, 2024

Run - Moderate / Steady Pace

Run / walk 20-30 min

With shorter time, try to increase your ratio. If you are walking entire segment, pick up your pace.

Tuesday, March 19, 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.

Lower Body at Home 10-15 reps, 2-3 sets

Squats w/ DB - press out in front as you extend up

Side Lunges w/ DB w/balance in between

15 step-ups on Step / 15 Side step-ups on step

Back lunges raising FB or DB overhead as you lunge back

One legged Squats (holding DB)

Mountain climbers (45 seconds)

Wednesday, March 20, 2024

Bike - Spin Class

30-45 min Bike

Either take a spin class or use stationary bike or wind trainer. Vary the resistance and cadence throughout the workout.

SHORTER DISTANCE = HIGHER INTENSITY

NOTE: if you don't have access to a bike, do Cardio for 30-45 min.

Thursday, March 21, 2024

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, March 22, 2024

Swim - Recovery Swim

Beginners: Swim 20-30 min

Try to swim longer distances without stopping to improve your endurance

Advanced: Swim 30-45 min.

Do more reps of sets while keeping similar pace. (example, instead of doing 4 x 100s, try to see if you can maintain 6 or 8 X 100s)

Saturday, March 23, 2024

Cross Training

Your Choice of Cardio

20-60 min.

If weather permits, do something outdoors to enjoy the fresh air.

Sunday, March 24, 2024

Rest Day

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

Stretch to improve flexibility & performance.

Monday, March 25, 2024

Run - Moderate / Steady Pace

Run / walk 20-45 min

Pick longer run / walk ratio to build your endurance and increase speed.

If walking entire time, add 5 min extra to your workout.

Tuesday, March 26, 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 & Core - 10-15 reps, 2-3 sets

Chest Fly on FB

St. Arm Pulldowns (cable at top, pull straight down to thigh, slow returning to start)

Tricep Overhead (elbows in, extend up to ceiling)

Alternate arm shoulder presses

Back lunges w/ Bicep curls - alternate legs

Obliques on BOSU - knees into chest

Wednesday, March 27, 2024

Bike - Spin Class

30-60 min Bike

Either take a spin class or use stationary bike or wind trainer. Vary the resistance and cadence throughout the workout.

NOTE: if you don't have access to a bike, do Cardio for 30-45 min.

Thursday, March 28, 2024

Rest Day

Active Stretch

Keep moving, but don't do anything too strenuous

Friday, March 29, 2024

Swim - Drills

Drills and Speed

Beginners:

100 warm-up

4 x 50s (25 EZ / 25 Strong): 30 sec rest

50 Count Strokes for each length

4 x 50s (25 Strong / 25 EZ) : 30 sec rest

50 Count Strokes for each length 25

4 x 50s (Middle 25 Strong - mid pool / turn / then to mid pool again before recover): 30 sec rest

100 cool down

ADVANCED:

Do 100s vs 50s and do 4-6 sets

(Plus 50 EZ / 50 Strong vs 25s...)

Saturday, March 30, 2024

Bike - Long Ride

GO OUTSIDE

If weather permits,

Go for a 10-15 mile Bike ride, depending on ability