

SHESPRINTS - TRIATHLON

Workouts: 5/5/2024 - 5/11/2024



Sunday, May 5, 2024

Rest Day

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

Stretch to improve flexibility & performance.

Monday, May 6, 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, May 7, 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 8, 2024

Bike - Power/Strength

40 - 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 40-60 min.

Thursday, May 9, 2024

Rest Day

Active Stretch

Keep moving, but don't do anything too strenuous

Friday, May 10, 2024

Swim - Intervals

200s Pace

Planned: 1,200 yd

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

100 Warm-up

2 x 100 Pace : 20 sec Rest

200 pace (get time)

3 x 200 Pace minus 2 seconds (so go 2 seconds faster than pace of 200 above, then each time go faster by 2 sec) 1 min Rest

100 Cool down

**Advanced swimmers can do 5 x 100s Pace at beginning & kicking in between sets

Saturday, May 11, 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.

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.

Totals

Planned Swim: 1,200.00 yd