

SHESPRINTS - DUATHLON
Workouts: 7/1/2023 - 7/31/2023



Saturday, July 1, 2023

Bike - Long Ride

Run 10 miles

Shorter distance = higher intensity

Sunday, July 2, 2023

Rest Day

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

Give your muscles a break!

Monday, July 3, 2023

Run - Moderate / Steady Pace

Run / walk 35-50 min

Moderate Pace / Increase your endurance. Continue to challenge yourself to go little longer each week, while maintaining pace manageable to hold.

Tuesday, July 4, 2023

Cross Training

Happy 4th of July

Workout 30-45 min your choice!

Wednesday, July 5, 2023

Bike - Tempo

45-60 min

Whenever possible, bike outside.

Try to maintain a strong pace throughout ride. Push yourself out of your comfort zone.

If you can't bike outside, take a spin class or ride stationary bike / trainer with interval work.

Thursday, July 6, 2023

Run - Intervals

Descending sprints with increased effort

2-3 min wu.

Run 4 min Moderate Pace

4 x 30 sec Strong sprint / 30 sec recovery

Run 4 min Moderate Pace

3 x 30 sec Stronger sprint / 30 sec recovery

Run 4 min Moderate Pace

2 x 30 sec Even Stronger sprint / 30 sec recovery

Run 4 min Moderate Pace

2 x 30 sec Even Stronger sprint / 30 sec recovery

Walk 2 min

Run 1 min Race Pace

Cool down 5 min

Strength Training

Core / Abs workout - MAT workout

Perform 15-20 reps of exercise, 2-3 sets

Lower Abs on Floor - start with both legs up, lower down one leg at a time

DB twists at 45 degrees - Lean back 45 degrees with 10-12 lb wt., Twist side to side - 15 ea side.

Full sit-ups on Mat - 15 reps

Bicycles on Mat - Extend legs out, drive thru with the heel to lengthen out abs (20 each leg)

Friday, July 7, 2023

Rest Day

Active Stretch

Keep moving, stay active, but keep the intensity low.

Saturday, July 8, 2023

Run - Moderate / Steady Pace

Run before the Bike

Practice the duathlon order.

Run / Walk ratio (your choice of ratio) for 1 mile. Don't go out too fast to jeopardize the other 2 segments of your workout.

Bike - Long Ride

12-15 miles

Moderate pace to prepare for run off the bike. Find some rolling hills throughout course.

You pick the course.

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, July 9, 2023

Rest Day

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

Very important to allow recovery from your training.

Monday, July 10, 2023

Run - Moderate / Steady Pace

Run / walk 35-50 min

Moderate Pace

Use Run / Walk combo with longer running ratio to increase your endurance. See if pace is faster as well during the run.

Tuesday, July 11, 2023

Strength Training

Active Stretch workout

Perform below workout or take a strength training class / hire a personal trainer. Always seek out help if you do not know certain exercises or proper form.

Straight Arm Pulldown to each side of ankle - Kinesis machine - #7 - 10 each side

Back Lunges with Medicine Ball twist (to forward leg) - 16 lb Ball - 12 each side

Squats with overhead throws - Lower ball to ankle, twist and throw over shoulder (not literally) as you extend up - 14-16 lb ball - 12 each side

**Triple set above 3 exercises

Rip Core Side Shuffles with Torso Rotation - overhand grip - 10 each side

Side lunges with reach and balance on one foot - step to side, reaching with Medicine Ball - push off leg and balance on one foot - repeat on same side - 10-12 lb Ball - 12 each side

Cross over lateral raises with 8lb DB

Palms facing down - trace an arc to opposite side - shoulder height - balance on BOSU as advanced mover - 10-12 reps each side

**Triple set above 3 exercises

"Running" on BOSU - Swing arms up - alternating arms with 12-15 lb DB - 15 -20 reps each arm

BOSU Spiderman's - jump into Burpee, then swing leg to front of BOSU, return to plank position then alternate sides - 10-12 reps

**Super set above 2 exercises

Wednesday, July 12, 2023

Triathlon Training Class

Colorado Athletic Club Tabor Center

6:00AM-7:30AM

Contact Barrie for details and pricing.

Bike - Power/Strength

45 - 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.

Thursday, July 13, 2023

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, July 14, 2023

Run - Intervals

"Tabata" Intervals

1/4 mile Warm-up

8 x 1 min Sprints / 30 sec recovery

1/2 mile Run / Walk Moderate pace

8 x 1 min Sprints / 30 sec recovery

1/2 mile Run / Walk Moderate Pace

**Repeat until 3-4 miles achieved

Make sure to have a sufficient cool down

Strength Training

Abs / Plank Super set

45 sec - 1 min Plank / 15 DB twists on BOSU

45 sec - 1 min Plank / 15 Resisted sit-ups with wts behind head (10 lb wt)

45 sec - 1 min Plank / 15 Full situps

45 sec - 1 min Plank / 12-15 Obliques with extended leg (crunch, then extend out) on BOSU

45 sec - 1 min Plank / 15 FB bt legs - Lower to floor

45 sec - 1 min Plank / 15 Arms above head on FB

Saturday, July 15, 2023

Bike - Long Ride

Run 15-20 miles

Overshoot the distance to be overly prepared for race (or if training for other longer events)

Sunday, July 16, 2023

Rest Day

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

Take things easy / stretch / relax

Monday, July 17, 2023

Run - Moderate / Steady Pace

Run / walk 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!

Shorter distance allows for higher intensity / faster pace. You should start to see improvements with how you feel and notice faster times.

Tuesday, July 18, 2023

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, July 19, 2023

Triathlon Training Class

Colorado Athletic Club Tabor Center

6:00AM-7:30AM

Contact Barrie for details and pricing.

Bike - Tempo

30-45 min

Whenever possible, bike outside.

Try to maintain a strong pace throughout ride. Push yourself out of your comfort zone.

If you can't bike outside, take a spin class or ride stationary bike / trainer with interval work.

Thursday, July 20, 2023

Run - Intervals

Descending sprints with increased effort

2-3 min wu.

Run 4 min Moderate Pace

4 x 30 sec Strong sprint / 30 sec recovery

Run 4 min Moderate Pace

3 x 30 sec Stronger sprint / 30 sec recovery

Run 4 min Moderate Pace

2 x 30 sec Even Stronger sprint / 30 sec recovery

Run 4 min Moderate Pace

2 x 30 sec Even Stronger sprint / 30 sec recovery

Walk 2 min

Run 1 min Race Pace

Cool down 5 min

Strength Training

Core / Abs workout - MAT workout

Perform 15-20 reps of exercise, 2-3 sets

Lower Abs on Floor - start with both legs up, lower down one leg at a time

DB twists at 45 degrees - Lean back 45 degrees with 10-12 lb wt., Twist side to side - 15 ea side.

Full sit-ups on Mat - 15 reps

Bicycles on Mat - Extend legs out, drive thru with the heel to lengthen out abs (20 each leg)

Friday, July 21, 2023

Rest Day

Active Stretch

Keep moving, stay active, but keep the intensity low.

Saturday, July 22, 2023

Run - Moderate / Steady Pace

Run before the Bike

Practice the duathlon order.

Run / Walk ratio (your choice of ratio) for 1 mile. Don't go out too fast to jeopardize the other 2 segments of your workout.

Bike - Long Ride

12 miles

BRICK WORKOUT (bike / run)

Moderate pace to prepare for run off the bike. Find some rolling hills throughout course.

You pick the course.

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, July 23, 2023

Rest Day

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

Give your muscles a break!

Monday, July 24, 2023

Run - Moderate / Steady Pace

Run / walk 35-50 min

Moderate Pace

Chose different route outside or mix speeds on treadmill. Find some rolling hills for a challenge or add an incline to the treadmill.

Tuesday, July 25, 2023

Strength Training

Active Stretch workout

Perform below workout or take a strength training class / hire a personal trainer. Always seek out help if you do not know certain exercises or proper form.

Straight Arm Pulldown to each side of ankle - Kinesis machine - #7 - 10 each side

Back Lunges with Medicine Ball twist (to forward leg) - 16 lb Ball - 12 each side

Squats with overhead throws - Lower ball to ankle, twist and throw over shoulder (not literally) as you extend up - 14-16 lb ball - 12 each side

**Triple set above 3 exercises

Rip Core Side Shuffles with Torso Rotation - overhand grip - 10 each side

Side lunges with reach and balance on one foot - step to side, reaching with Medicine Ball - push off leg and balance on one foot - repeat on same side - 10-12 lb Ball - 12 each side

Cross over lateral raises with 8lb DB

Palms facing down - trace an arc to opposite side - shoulder height - balance on BOSU as advanced mover - 10-12 reps each side

**Triple set above 3 exercises

"Running" on BOSU - Swing arms up - alternating arms with 12-15 lb DB - 15 -20 reps each arm

BOSU Spiderman's - jump into Burpee, then swing leg to front of BOSU, return to plank position then alternate sides - 10-12 reps

**Super set above 2 exercises

Wednesday, July 26, 2023

Triathlon Training Class

Colorado Athletic Club Tabor Center
6:00AM-7:30AM

Contact Barrie for details and pricing.

Bike - Power/Strength

45 - 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.

Thursday, July 27, 2023

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, July 28, 2023

Run - Intervals

"Tabata" Intervals

1/4 mile Warm-up

8 x 1 min Sprints / 30 sec recovery

1/2 mile Run / Walk Moderate pace

8 x 1 min Sprints / 30 sec recovery

1/2 mile Run / Walk Moderate Pace

**Repeat until 3-4 miles achieved

Make sure to have a sufficient cool down

Strength Training

Abs / Plank Super set

45 sec - 1 min Plank / 15 DB twists on BOSU

45 sec - 1 min Plank / 15 Resisted sit-ups with wts behind head (10 lb wt)

45 sec - 1 min Plank / 15 Full situps

45 sec - 1 min Plank / 12-15 Obliques with extended leg (crunch, then extend out) on BOSU

45 sec - 1 min Plank / 15 FB bt legs - Lower to floor

45 sec - 1 min Plank / 15 Arms above head on FB

Saturday, July 29, 2023

Bike - Long Ride

Run 15-20 miles

Overshoot the distance to be overly prepared for race (or if training for other longer events)

Sunday, July 30, 2023

Rest Day

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

Very important to allow recovery from your training.

Monday, July 31, 2023

Run - Tempo Run

Pre Race Check

Planned: 3.1 mi

TIME YOUR 5K

(Always good to check your progress with a strong run / walk and compare your times with previous workouts).

Run / walk 1/2 mile EZ / Warm-up

2 mile Tempo run/ walk (just outside comfort zone / strong pace)

Run / walk 1/2 mile Cool down

Totals

Planned Run: 3.10 mi