

**SHESPRINTS - DUATHLON**  
**Workouts: 5/12/2024 - 5/18/2024**



**Sunday, May 12, 2024**

**Rest Day**

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

Give your muscles a break!!

**Monday, May 13, 2024**

**Run - Moderate / Steady Pace**

**Run / walk 25-35 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, May 14, 2024**

**Strength Training**

**Tempo weight Training**

Make sure you are warmed -up (5 min cardio)

Squats w/ Bicep Curls & Shoulder Presses - Take a seat, as you extend up, curl up with DB, then press overhead (12-15 lb wts)

!5-20 Plyometric jumps onto BOSU (or 25-30 Step-ups)

Windmills - lie on back on the floor - bring opp arm up to opp straight leg - lift off the floor with your abs - perform 12 reps one side, then switch sides

\*\*Triple set above 3 exercises

Seated Tricep overhead (off to side) - on floor / legs out straight - Start w/ arm up to ceiling, lower from elbow (across the head) and extend back up to start - kind of like you are waving your arm above your head) - 12 reps - 10-15 lb wt

Ice Skaters - side to side holding Medicine Ball (12-15 lb ball) - 20 each side

Pass the wt from one hand to the next. Seated on floor / lower back to 45 degrees - Start with both arms up to ceiling, hold DB in one hand, lower arms out to side (DB is in one hand). Return to start and pass the wt from one hand to next - open up again. Use 5-10 lb wt - 10-12 reps

\*\*Triple set above 3 exercises

Chest Press on FB (neck and upper back supported) Palms facing knees and press up and in to center. Use 15-25 lb DB - 12-15 reps

15-20 Burpees (no Push-up in between)

"Pullovers" with situp - Bring arms and legs together off the floor (fold in half, then extend out)

\*\*Triple set above 3 exercises

**Wednesday, May 15, 2024**

**Bike - Tempo**

**Warm-up / Wake up**

2 mile Build (increase the effort - by resistance and speed by end of 2 miles)

1 mile Strong / Tempo ride (level 7.5- 8.5 out of 10 for effort level)

1 mile recovery

Repeat 2-3x

**Run - Tempo Run**

**Quality Sprints with Adequate Recovery**

Warm-up 2-3 min.

Run / Walk 1/2 mile EZ

Run 1/4 mile Stronger Pace  
Repeat 3-5x

#### Thursday, May 16, 2024

##### **Rest Day**

##### **Active Stretch**

Take a Yoga or Pilates Class or focus on stretching.

#### Friday, May 17, 2024

##### **Run - Intervals**

##### **Negative Splits**

Warm-up: 2-3 min

Run / Walk 1 mile - GET TIME

2 min walk recovery

2 x 1/2 mile Run / Walk - Faster Pace

(go faster than the split of 1 mile time)

\*\*Walk 1-2 min between each interval

Run/ Walk 1/2 mile - GET TIME

2 min walk recovery

2 x 1/4 mile Run / Walk - Faster Pace (go faster than the split of 1/2 mile time)

\*\*Walk 1-2 min between each interval

Cool down 2-3 min

#### Saturday, May 18, 2024

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

##### **10 miles**

Shorter distance = stronger pace throughout the ride.

Find a route with rolling hills for a challenge.

As always, safety first a wear a helmet.

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