

SHESPRINTS - DUATHLON
Workouts: 5/26/2024 - 6/1/2024



Sunday, May 26, 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 27, 2024

Run - Running Race

Happy Memorial Day!

Join the Bolder Boulder!

Or do a neighborhood 5K!

If there isn't a race around, create your own 5k race at your own Run / Walk ratio :)

Tuesday, May 28, 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 29, 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.

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 30, 2024

Rest Day

Active Stretch

Take a Yoga or Pilates Class or focus on stretching.

Friday, May 31, 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, June 1, 2024

Bike - Long Ride

12-15 miles

Every 3 miles, bike stronger pace for 1 mile for challenge. Push yourself and your pace.

As always, safety first a wear a helmet.

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