

SHESPRINTS - TRIATHLON

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).

Glve your muscles a break!!

Monday, May 13, 2024

Other - Notes

Lighter workout week

Peaks and valleys (Increasing and decreasing the volume of your workouts) allows your muscles to adapt to the various demands of triathlons.

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

Swim - Drills

Drills & Pulling

Planned: 1,600 yd

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

100 warm-up

4 x 50s (25 Right arm only / 25 Regular swim): 15 sec rest

4 x 50s (25 Left arm only / 25 Regular swim): 15 sec rest

200 Pull, Breathe on 3

4 x 50s (25 Catch-up stroke / 25 Regular swim) w/ 15 sec rest

100 kick

300 Pull, Breathe on 3

4 x 50s Swim Strong: 15 sec rest

100 cool down

**Beginners can do 2-3 50s (vs 4 x 50s) to shorten workout

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.

Totals

Planned Swim: 1,600.00 yd