

Sunday, May 19, 2024

Rest Day

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

Recovery is just as important in a training program as a workout.

Monday, May 20, 2024

Run - Moderate / Steady Pace

Run / walk 30-60 min

Moderate Pace

When you increase duration of workouts, slow down pace tiny bit to ensure completion of workout.

Compare your time to your previous workouts.

Tuesday, May 21, 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 22, 2024

Bike - Intervals

40 - 60 min

If possible, bike outside to practice and gain confidence. Vary your speeds and cadence. If you can't bike outside, take a spin class or ride stationary bike / trainer with interval work (Power, followed by recovery for specific amounts of time)

NOTE: if you don't have access to a bike, do Cardio for 40-60 min.

Thursday, May 23, 2024

Rest Day

Active Stretch

Keep moving, but don't do anything too strenuous

Friday, May 24, 2024

Swim - Recovery Swim

Your Choice or Repeat Prior workout

Either swim for time (meaning 20-45 min swim) or swim for distance (800-1500 yds)

Saturday, May 25, 2024

Bike - Long Ride

12-15 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.