

## SHESPRINTS - TRIATHLON

# 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.

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### **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

### **Swim - Endurance**

## **Broken 300s**

NOTE: 1 length = 25 yds or meters

1 lap = 2 lengths of the pool

Warm-up 100 Swim / 100 Kick / 100 Pull

300 Swim

300 Pull

3 x 100 Swim w/ 20-30 sec rest

2 x 150 Pull w/ 30 -40 sec rest

300 Cool down

Beginners - you can do Broken 200s with similar concept of above workout

**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.