

Triathlon Workout
Week 18 of 18
Schedule For Week of 5-30 through 6-4-2015

Monday

Run

30 minutes jogging at easy pace

Swim

Minimum 20 lengths in a 25 meter pool (500 meters) leisurely.

Tuesday (strength)

Regular Push Ups

1 set of 20

Sit-Ups

1 set of 20

Let Me Ups

1 set of 20

Squats

1 set of 20

Wednesday

Swim

Minimum 20 lengths in a 25 meter pool (500 meters) by any means (dog paddle, breast stroke, backstroke, freestyle).

Cycle

30 Minute leisurely bike

Thursday (strength)

Dips

1 set of 20

Side Lunges

1 set of 20

Let Me Ins

1 set of 20

Leg Lifts

1 set of 20

Friday

Rest

Saturday

Triathlon Day!!!!