

PHASE 4 TRAINING PLAN

WEEK 1

Monday (7/14): 45-60 minute SWIM

Tuesday (7/15): 90 minute BIKE + RUN BRICK with some intensity

Wednesday (7/16): 60 minute STRENGTH

Thursday (7/17): REST OR GENTLE CROSS TRAINING

Friday (7/18): 45-60 minute SWIM

Saturday (7/19): 45-60 minute BIKE

Sunday (7/20): 60 minute STRENGTH

WEEK 2

Monday (7/21): 60 minute TRAIL RUN

Tuesday (7/22): 90 minute BIKE + RUN BRICK with some intensity

Wednesday (7/23): 90 minute MOUNTAIN BIKE

Thursday (7/24): 60 minute STRENGTH

Friday (7/25): 60 min **OPEN WATER SWIM**

Saturday (7/26): 60-90 minute BIKE or RUN or COMBO

Sunday (7/27): REST OR GENTLE CROSS TRAINING

WEEK 3

Monday (7/28): 60 minute TRAIL RUN

Tuesday (7/29): 90 minute BIKE + RUN BRICK with some intensity

Wednesday (7/30): 60 minute STRENGTH

Thursday (7/31): 60 minute STRENGTH

Friday (8/1): 60 min OPEN WATER SWIM

Saturday (8/2): 5K TIME TRIAL OR RACE (BONUS: 60-90 min BIKE before)

Sunday (8/3): 60 minute SWIM

WEEK 4

Monday (8/4): STRENGTH

Tuesday (8/5): 60 minute SWIM

Wednesday (8/6): 90 minute MOUNTAIN BIKE

Thursday (8/7): 60 minute RUN

Friday (8/8): 60 minute SWIM

Saturday (8/9): 60-90 minute BIKE or RUN or COMBO

Sunday (8/10): REST OR GENTLE CROSS TRAINING

GROUP WORKOUTS/COURSE PREVIEWS AT CAMP AGAWAM

MONDAY (7/21) : RUN COURSE PREVIEW

WEDNESDAY (7/23):BIKE COURSE PREVIEW

FRIDAY (7/25): SWIM PREVIEW

MONDAY (7/28): RUN COURSE PREVIEW

FRIDAY (8/1): SWIM PREVIEW

WEDNESDAY (8/6): BIKE COURSE PREVIEW

