

# 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) :** SWIM + RUN COURSE PREVIEW

**WEDNESDAY (7/23):** BIKE COURSE PREVIEW

**MONDAY (7/28):** RUN COURSE PREVIEW

**FRIDAY (8/1):** SWIM PREVIEW

**WEDNESDAY (8/6):** BIKE COURSE PREVIEW

