

# PHASE 5 TRAINING PLAN

## WEEK 1

**Monday (8/11):** 45-60 minute SWIM or RUN  
**Tuesday (8/12):** 90 minute BIKE + RUN BRICK with some intensity  
**Wednesday (8/13): SOCIAL SWIM @ CAMP AGAWAM**  
**Thursday (8/14):** REST OR GENTLE CROSS TRAINING  
**Friday (8/15): SOCIAL SWIM @ CAMP AGAWAM**  
**Saturday (8/16):** 45-60 minute BIKE or RUN  
**Sunday (8/17):** 60 minute STRENGTH OR **TAILS & TRAILS 5K!**

## WEEK 2

**Monday (8/18):** 60 minute TRAIL RUN  
**Tuesday (8/19):** 90 minute BIKE + RUN BRICK with some intensity  
**Wednesday (8/20): CAMP AGAWAM WORKOUT OR BRICK (GROUP EVENT)**  
**Thursday (8/21):** 60 minute STRENGTH  
**Friday (8/22): 60 min OPEN WATER SWIM**  
**Saturday (8/23):** 60-90 minute BIKE or RUN or COMBO (ALT: CRIM 5 or 10-Miler)  
**Sunday (8/24):** REST OR GENTLE CROSS TRAINING

## WEEK 3

**Monday (8/25):** 60 minute TRAIL RUN  
**Tuesday (8/26):** 90 minute BIKE + RUN BRICK with some intensity  
**Wednesday (8/27): CAMP AGAWAM WORKOUT OR BRICK (GROUP EVENT)**  
**Thursday (8/28):** 60 minute STRENGTH  
**Friday (8/29):** 60 min OPEN WATER SWIM  
**Saturday (8/30):** 5K TIME TRIAL OR RACE (BONUS: 60-90 min BIKE before)  
**Sunday (8/31):** 60 minute SWIM

## WEEK 4

**Monday (9/1):** STRENGTH  
**Tuesday (9/2):** 60 minute SWIM  
**Wednesday (9/3):** 90 minute MOUNTAIN BIKE  
**Thursday (9/4):** 60 minute RUN  
**Friday (9/5):** 60 minute SWIM  
**Saturday (9/6): Hatchling Hustle @ 9 AM at Camp Agawam**  
**Sunday (9/7): RACE DAY!**

### GROUP WORKOUTS/COURSE PREVIEWS AT CAMP AGAWAM

**WEDNESDAY (8/13):** SOCIAL SWIM (COURSE PREVIEW)

**FRIDAY (8/15):** SOCIAL SWIM (COURSE PREVIEW)

**WEDNESDAY (8/20):** CHOOSE YOUR ADVENTURE (SWIM/BIKE/RUN)

**WEDNESDAY (8/27):** CHOOSE YOUR ADVENTURE (SWIM/BIKE/RUN)

