



TRI FOR WELLNESS

TRAINING FOR THE INDOOR TRI

Begin training as soon as possible. The following is a schedule to follow in order to be ready to "tri" on February 27th. Don't worry! Completing a triathlon is easier than you think. Plus you earn points for Get Fit Stay Fit if you are enrolled in that program.

Week 1: (Jan. 17-Jan. 23)

- Day One: Swim 3 full laps in the lap pool
- Day Two: Bike on level three using any of the Life Fitness Bikes For 10 minutes
- Day Three: Walk/Run on the treadmill for 10 minutes
- Day Four: Strength Training (upper body circuit)
- Day Five: Rest
- Day Six: Bike on level three and swim 3 full laps in the lap pool
- Day Seven: Strength Train (lower body and core circuit)

Week 2: (Jan. 24 - Jan. 30)

- Day One: Swim 4 full laps in the lap pool
- Day Two: Bike on level three for 10 minutes AND walk/run on treadmill for 10 minutes
- Day Three: Strength Train (Upper body circuit)
- Day Four: Rest
- Day Five: Swim 4 full laps in the lap pool AND bike on level 3 for 10 minutes.
- Day Six: Strength Train (Lower body circuit)
- Day Seven: Walk/run on treadmill for 15 minutes

Week 3: (Jan. 31 - February 6)

- Day One: Swim 5 full laps in the lap pool - walk/run on treadmill for 15 minutes.
- Day Two: Bike on level three for 15 minutes - strength train upper body circuit and core.
- Day Three: Walk/run on treadmill for 15 minutes
- Day Four: Rest
- Day Five: Swim 5 full laps in lap pool - strength train lower body circuit and core
- Day Six: Rest
- Day Seven: Swim 5 full laps in lap pool - bike 10 minutes on level 3 and walk/



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run on the treadmill for 10 minutes.

Week 4: (Feb. 7 - Feb. 13)

- Day One: Swim 6 full laps in the lap pool - strength train lower body
- Day Two: Bike for 30 minutes on level three
- Day Three: Walk/Run for 30 minutes on treadmill - strength train upper body
- Day Four: Rest
- Day Five: Swim 6 full laps in lap pool; bike 20 minutes on level three, walk/run on treadmill for 20 minutes.
- Day Six: Rest
- Day Seven: Walk/run on treadmill for 30 minutes - strength train upper Body and core

Week 5: (Feb. 14 - Feb. 20)

- Day One: Swim 7 full laps in lap pool - walk/run for 30 minutes on treadmill
- Day Two: Bike 30 minutes on level three - strength train upper body/core
- Day Three: Rest
- Day Four: Swim 7 full laps in pool - bike 15 minutes on level three
- Day Five: Rest
- Day Six: Swim 7 full laps in pool - bike 10 minutes on level three - walk Run on treadmill for 15 minutes.
- Day Seven: Bike 15 minutes on level three - walk/run for 15 minutes on treadmill

Week 6: (Feb. 21 - 27 - RACE WEEK)

- Day One: Swim 5 full laps in lap pool - strength train lower body/core
- Day Two: Bike 15 minutes on level three
- Day Three: Run 10 minutes on treadmill on a low speed - strength train upper body - light weights - core.
- Day Four: Swim - 2 laps in pool - Bike 10 minutes on level 2 - Run 10 Minutes on treadmill
- Day Five: Total body strength train - light weights - flexibility training
- Day Six: Rest
- Day Seven: RACE!!! TRI your best!