



Time To Get Fit!

Today is your day!

Note: ' = minutes (20' = 20 minutes of activity)

Bike: Flat ride. Smooth circles, relaxed upper body. Bring hydration. Take a Spin class if unable to bike outside

March 2016

The only bad workout is the one that didn't happen!

INTENSITY LEVELS

Level 1: warm-up, talking easy
Level 2: short conversations comfortable

Level 3: 1-2 word sentences possible

Level 4: can't talk, only cuss
Level 5: max effort, need all breath for sprint

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Bike: 60' @ L2 w/ 3 X 5' @ L3	2 Swim: 1800 yards	3 Run: 3 miles @ L2	4 Rest Day – Day Off!	5 Bike: 50' @ L1 Run: 15 minutes	6 Run: 4 miles @ L2/L3
7 Swim: 1750 yards see drills	8 Bike: 30' @ L2 w/ 3 X 2' @ L3	9 Swim: 1900 yards: see drills	10 Bike: 60 min Fast transition Run: 1 miles	11 Rest Day – Day Off!	12 Bike: 10 miles	13 Bike: 16-20 miles @ L2/L3
14 Swim: 1900 yards: see drills	15 Run: Run/walk 4 miles	16 Swim: 1900 yards: see drills	17 Bike: 45' @ L2 w/ 1 X 10' @ L3	18 Rest Day – Day Off!	19 Run: 5 miles @ L2/L3	20 Bike: 40' @ L2
21 Swim: 1900 yards: see drills	22 Run: Run/walk 5 miles	23 Swim: 1900 yards: see drills	24 Bike: 45' @ L2 w/ 1 X 10' @ L3	25 Rest Day – Day Off!	26 Bike: 14 miles Run: 2 miles	27 Run: 4 miles @ L2
28 Swim: 1600 yards: see drills	29 Run: Run/walk 5 miles	30 Swim: 1700	31 Bike: 60 min. Run: 2 miles			