



Time To Get Fit!

Exercise not only changes your **BODY**, it changes your **MIND**, your **ATTITUDE**, and your **MOOD**.

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

February 2016

*Motivation is what gets you started.
Habit is what keeps you going!*

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 Swim: 30' @ L1	2 Run: 25' @ L1 w/ 2 X 3' @ L2	3 Swim: 30' @ L1	4 Run: 25' @ L1 w/ 2 X 3' @ L2	5 Rest Day – Day Off!	6 Bike: 40' @ L1	7 Run: 2.5 miles @ L1/L2
8 Swim: 1000 yards: see drills	9 Bike: 20' @ L2 w/ 3 X 2' @ L3	10 Swim: 1100 yards: see drills	11 Run: 2.5 miles @ L1/L2	12 Rest Day – Day Off!	13 Swim: 45 minutes Bike: 12 miles	14 Run: 3 miles @ L1/L2
15 Swim: 1100 yards: see drills	16 Run: Run/walk 3 miles	17 Swim: 1200 yards: see drills	18 Run: 35' @ L2 w/ 5 X 3' @ L3	19 Rest Day – Day Off!	20 Bike: 40' @ L1 Run: 2 miles	21 Run: 70' @ L2 w/ 3 X 5' @ L3
22 Swim: 1400 yards: see drills	23 Run: Run/walk 3 miles	24 Bike: 50' @ L2 w/ 5 X 4' @ L3	25 Run: 3 miles @ L2	26 Rest Day – Day Off!	27 Bike: 50' @ L1/L2	28 Run: 4 miles @ L2
29 Swim: 1600 yards: see drills						