

PLANNED				
		AM	PM	Time
Day 1	Monday	off		
Day 2	Tuesday	run 15-20 minutes easy, walk break as needed		0.33
Day 3	Wednesday	swim workout level 1 (see additional sheet) 1A		0.5
Day 4	Thursday	ride 30-40 minutes easy outside or on a trainer bike		0.5
Day 5	Friday	swim workout level 1 (see additional sheet) 1B		0.5
Day 6	Saturday	run 20 minutes easy, walk break as needed		0.33
Day 7	Sunday	ride 30-40 minutes easy outside or on a trainer bike		0.75
			weekly hours	2.91