

PLANNED		AM	PM	Time
Day 8	Monday	off		
Day 9	Tuesday	run 15-20 minutes easy, walk break as needed	strength routine 1 (see additional sheet)	0.75
Day 10	Wednesday	swim workout level 1 1D	ride 30-40 minutes easy	1
Day 11	Thursday	off		0
Day 12	Friday	swim workout level 1 1F	run 20 minutes easy, walk break as needed	1
Day 13	Saturday	ride 40-50 minutes easy outside or on trainer		0.85
Day 14	Sunday	run 20-25 minutes, walk break as needed		0.4
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