



WEEK

1

PLAY PLAY PLAY PLAY PLAY

- Play actively outside : 20 min
- Bike around your neighborhood : 10 min
- Jump rope, skip, dance : 6 min or 2 songs

WEEK

2

BIKE BIKE BIKE BIKE BIKE

- Play actively outside : 20 min
- Bike : 2 miles
- Jump, skip, dance : 8 min

WEEK

3

JUMP JUMP JUMP JUMP JUMP

- Run : 30 secs/Walk : 1 min (5 times)
- Bike : 15 min
- Jump, skip, dance : 10 min
- Run : 3 min

WEEK

4

RUN RUN RUN RUN R

- Run : 1 min/Walk : 30 sec (for 1 mile)
- Bike : 2 miles
- Swim : 10 mins (rest every 50 yards)
- Run : 1.5 miles

WEEK

5

SWIM SWIM SWIM SWIM

- Bike : 3 miles + Run 1 mile
- Swim : 10 min (rest every 75 yards)
- Bike : 3 miles
- Run : 1.5 miles

WEEK

6

You are almost there! Only 2 more weeks.

BIKE BIKE BIKE BIKE BIKE

- Bike : 10 min + Run : 2 min/Walk : 1 min (1.5 miles)
- Swim : 100 yards + Run : 8 min
- Bike : 15 min
- Run : 9 min

WEEK

7

WALK WALK WALK WALK

- Bike : 10 min + Run : 2 min/Walk : 1 min (1.5 miles)
- Jump, skip, dance : 15 min
- Swim : 10 mins
- Run : 1 mile

WEEK

8

PLAY PLAY PLAY PLAY PLAY

- Play actively outside : 45 min
- Swim or Bike : 15 min
- Jump, skip, dance : 20 min

Rest the day before the race! Sleep and eat well!