



WEEK

1

PLAY PLAY PLAY PLAY PLAY

- Play actively outside : 10 min
- Bike around your neighborhood : 8 min
- Jump rope, skip, dance : 6 min or 2 songs

WEEK

2

BIKE BIKE BIKE BIKE BIKE

- Play actively outside : 15 min
- Bike : 10 min
- Jump, skip, dance : 8 min

WEEK

3

JUMP JUMP JUMP JUMP JUMP

- Run : 15 secs/Walk : 1 min (5 times)
- Bike : 10 min
- Jump, skip, dance : 10 min
- Run : 2 min

WEEK

4

SKIP SKIP SKIP SKIP SKIP

- Run : 30 secs/Walk 1 min (5 times)
- Bike : 12 min
- Jump, skip, dance : 12 min or swim (5 mins)
- Run : 4 min

WEEK

5

RUN RUN RUN RUN RUN

- Run 45 secs/Walk : 1 min (3 times)
- Bike : 10 min
- Jump, skip, dance : 12 min or swim : 10 mins
- Run : 5 min

WEEK

6

You are almost there! Only 2 more weeks.

SWIM SWIM SWIM SWIM

- Run : 1 min/Walk : 1 min (5 times)
- Swim : 5 mins + Bike : 5 min
- Jump, skip, dance : 12 min
- Run : 6 min

Practice some of these exercises in your swimsuit you are wearing race day to get used to the feeling.

WEEK

7

WALK WALK WALK WALK

- Bike : 10 min + Run : 2 min/Walk : 1 min (2 times)
- Jump, skip, dance : 15 min
- Swim : 8 mins
- Run : 5 min

WEEK

8

PLAY PLAY PLAY PLAY PLAY

- Play actively outside : 30 min
- Swim or Bike : 10 min
- Jump, skip, dance : 20 min

Rest the day before the race! Sleep and eat well!  
Practice your high fives and fist pumps for when you cross the finish line!