



Alexandria LONG Course Training Calendar

WEEK 1

Day 1
Strength and sprints
(50m),
2 cycle through

Day 2
Run or run/walk
1 mile

WEEK 2

Day 1
Strength and sprints
(50m),
2 cycles through

Day 2
Run or run/walk
1.5 miles

WEEK 3

Day 1
Strength and sprints
(50m),
3 cycle through

Day 2
Run or run/walk
2 miles

WEEK 4

Day 1
Strength and sprints
(100m),
2 cycles through

Day 2
Run or run/walk
2.5 miles

WEEK 5

Day 1
Strength and sprints
(100m),
3 cycles through

Day 2
Run or run/walk
3 miles

WEEK 6

Day 1
Strength and sprints
(100m),
4 cycles through

Day 2
Run or run/walk
3 miles

WEEK 7

Day 1
Run 0.5 mile,
Bike 1 mile,
Run 1 mile
Day 2
Run or run/walk
1.5 miles,
Swim 50 yards

WEEK 8

Day 1
Run 0.5 mile,
Bike 1.5 miles,
Run 1.5 miles
Day 2
Run or run/walk
1.5 miles,
Swim 50 yards

WEEK 9

Day 1
Run 0.5 mile,
Bike 2 miles,
Run 1.5 miles
Day 2
Run or run/walk
2 miles,
Swim 75 yards

WEEK 10

Day 1
Run 0.5 mile,
Bike 2 miles,
Run 2.5 miles
Day 2
Run or run/walk
2 miles,
Swim 100 yards

WEEK 11

Day 1
Practice transitions,
set up your station
Day 2
Run or run/walk
2.5 miles,
Swim 100 yards

WEEK 12

Day 1
Practice transitions,
set up your station
Day 2
RACE

STRENGTH WORKOUT

5 - 10 push ups
5-10 squat jumps
5-10 high knees
20 crunches
20 plank jacks

About our Trainer: Lauren Updyke

Hi athletes. Yes I am talking to you! Starting today, you refer to yourself as athlete. You are strong, kind, and ready to complete this triathlon in honor of those fighting against cancer. I have been a coach for over 20 years and have coached over 10,000 athletes. If you ever have any questions or want to share your success please shoot me an email: graciesgear@gmail.com I have my Master's degree in Exercise Science and I competed at the collegiate level in cross country and track and field. I played every sport up until my Senior year in high school. Exercise was my outlet and where I felt most comfortable. I worked at Duke University for 13 years and now I work at the University of Washington (Go DAWGS!) managing their wellness program. I am super impressed that you committed to this race. Have fun!



JUST TRYAN IT
Supporting Families Fighting Childhood Cancer