



# Alexandria SHORT Course Training Calendar

## WEEK 1

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

**Day 2**  
Run or run/walk  
0.5 mile

## WEEK 2

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

**Day 2**  
Run or run/walk  
0.5 mile

## WEEK 3

**Day 1**  
Strength and sprints  
(100m),  
(1 cycle through)

**Day 2**  
Run or run/walk  
1 mile

## WEEK 4

**Day 1**  
Strength and sprints  
(100m),  
(1 cycle through)

**Day 2**  
Run or run/walk  
1 mile

## WEEK 5

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

**Day 2**  
Run or run/walk  
1 mile

## WEEK 6

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

**Day 2**  
Run or run/walk  
1.5 miles

## WEEK 7

**Day 1**  
Run 0.5 mile,  
Bike 1 mile,  
Run 0.5 mile

**Day 2**  
Run or run/walk  
1.5 miles,  
Swim 25 yards

## WEEK 8

**Day 1**  
Run 0.5 mile,  
Bike 1 mile,  
Run 0.5 mile

**Day 2**  
Run or run/walk  
1.5 miles,  
Swim 25 yards

## WEEK 9

**Day 1**  
Run 0.5 miles,  
Bike 1.5 miles,  
Run 0.5 miles

**Day 2**  
Run or run/walk  
1.5 miles,  
Swim 25 yards

## WEEK 10

**Day 1**  
Run 0.5 miles,  
Bike 2 miles,  
Run 0.5 miles

**Day 2**  
Run or run/walk  
1.5 miles,  
Swim 50 yards

## WEEK 11

**Day 1**  
Practice transitions,  
set up your station

**Day 2**  
Run or run/walk  
1.5 miles,  
Swim 50 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](mailto: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



# Alexandria LONG Course Training Calendar

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p><b>Day 1</b> Strength and sprints (50m), 2 cycle through</p> <p><b>Day 2</b> Run or run/walk 1 mile</p>	<p><b>Day 1</b> Strength and sprints (50m), 2 cycles through</p> <p><b>Day 2</b> Run or run/walk 1.5 miles</p>	<p><b>Day 1</b> Strength and sprints (50m), 3 cycle through</p> <p><b>Day 2</b> Run or run/walk 2 miles</p>	<p><b>Day 1</b> Strength and sprints (100m), 2 cycles through)</p> <p><b>Day 2</b> Run or run/walk 2.5 miles</p>

WEEK 5	WEEK 6	WEEK 7	WEEK 8
<p><b>Day 1</b> Strength and sprints (100m), 3 cycles through</p> <p><b>Day 2</b> Run or run/walk 3 miles</p>	<p><b>Day 1</b> Strength and sprints (100m), 4 cycles through</p> <p><b>Day 2</b> Run or run/walk 3 miles</p>	<p><b>Day 1</b> Run 0.5 mile, Bike 1 mile, Run 1 mile</p> <p><b>Day 2</b> Run or run/walk 1.5 miles, Swim 50 yards</p>	<p><b>Day 1</b> Run 0.5 mile, Bike 1.5 miles, Run 1.5 miles</p> <p><b>Day 2</b> Run or run/walk 1.5 miles, Swim 50 yards</p>

WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p><b>Day 1</b> Run 0.5 mile, Bike 2 miles, Run 1.5 miles</p> <p><b>Day 2</b> Run or run/walk 2 miles, Swim 75 yards</p>	<p><b>Day 1</b> Run 0.5 mile, Bike 2 miles, Run 2.5 miles</p> <p><b>Day 2</b> Run or run/walk 2 miles, Swim 100 yards</p>	<p><b>Day 1</b> Practice transitions, set up your station</p> <p><b>Day 2</b> Run or run/walk 2.5 miles, Swim 100 yards</p>	<p><b>Day 1</b> Practice transitions, set up your station</p> <p><b>Day 2</b> RACE</p>

## STRENGTH WORKOUT

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

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