



Bethesda LONG Course Training Calendar

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>Day 1 Strength and sprints (50m), 2 cycles through</p> <p>Day 2 Run or run/walk 1 mile</p>	<p>Day 1 Strength and sprints (50m), 2 cycles through</p> <p>Day 2 Run or run/walk 1.5 mile</p>	<p>Day 1 Strength and sprints (100m), 2 cycles through</p> <p>Day 2 Run or run/walk 1.5 miles</p>	<p>Day 1 Strength and sprints (100m), 2 cycles through</p> <p>Day 2 Run or run/walk 2 miles</p>
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<p>Day 1 Strength and sprints (100m), 3 cycles through</p> <p>Day 2 Run or run/walk 2 miles</p>	<p>Day 1 Strength and sprints (100m), 4 cycles through</p> <p>Day 2 Run or run/walk 2.5 miles</p>	<p>Day 1 Run 0.5 miles, Bike 3 mile, Run 0.5 miles</p> <p>Day 2 Run or run/walk 1.5 miles, Swim 50 yards</p>	<p>Day 1 Run 0.5 miles, Bike 4 mile, Run 1 mile</p> <p>Day 2 Run or run/walk 2 miles, Swim 75 yards</p>
WEEK 9	WEEK 10	WEEK 11	WEEK 12
<p>Day 1 Run 0.5 miles, Bike 5 miles, Run 1.5 miles</p> <p>Day 2 Run or run/walk 2 miles, Swim 100 yards</p>	<p>Day 1 Run 0.5 miles, Bike 6 miles, Run 2 miles</p> <p>Day 2 Run or run/walk 2.5 miles, Swim 125 yards</p>	<p>Day 1 Practice transitions, set up your station</p> <p>Day 2 Run or run/walk 1.5 miles, Swim 125 yards</p>	<p>Day 1 Practice transitions, set up your station</p> <p>Day 2 RACE</p>

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!