



Chapel Hill MINI 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 mile

WEEK 7

Day 1
Run 0.5 miles,
Bike 1 mile,
Run 0.5 miles

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

WEEK 8

Day 1
Run 0.5 miles,
Bike 1 mile,
Run 0.5 miles

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 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



Chapel Hill SHORT Course Training Calendar

WEEK 1

Day 1
Strength and sprints
(50m),
1 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 mile

WEEK 3

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

Day 2
Run or run/walk
1.5 miles

WEEK 4

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

Day 2
Run or run/walk
1.5 miles

WEEK 5

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

Day 2
Run or run/walk
1.5 miles

WEEK 6

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

Day 2
Run or run/walk
2 miles

WEEK 7

Day 1
Run 0.5 miles,
Bike 1 mile,
Run 0.5 miles
Day 2
Run or run/walk
1.5 miles,
Swim 25 yards

WEEK 8

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

WEEK 9

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

WEEK 10

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

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Chapel Hill 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 2 miles</p>	<p>Day 1 Strength and sprints (50m), 3 cycles through</p> <p>Day 2 Run or run/walk 2.5 miles</p>	<p>Day 1 Strength and sprints (100m), 2 cycles through</p> <p>Day 2 Run or run/walk 3 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 3.5 miles</p>	<p>Day 1 Strength and sprints (100m), 4 cycles through</p> <p>Day 2 Run or run/walk 4 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 1.5 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 miles, Swim 100 yards</p>	<p>Day 1 Practice transitions, set up your station</p> <p>Day 2 Run or run/walk 2.5 miles, Swim 150 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

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