



# Pioneer Valley 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 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](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



# Pioneer Valley LONG 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 2 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 2.5 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 3 miles,  
Run 1 miles  
**Day 2**  
Run or run/walk  
2 miles,  
Swim 75 yards

## WEEK 10

**Day 1**  
Run 0.5 miles,  
Bike 3.5 miles,  
Run 1 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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