

# April 2006 - May 2006

May 2006							June 2006						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	1	2	3	4	5	6	4	5	6	7	1	2	3
14	8	9	10	11	12	13	11	12	13	14	15	16	17
21	15	16	17	18	19	20	18	19	20	21	22	23	24
28	22	23	24	25	26	27	25	26	27	28	29	30	
	29	30	31										

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
April 24	25	26	27	28	29
**Week 1 (nutritional guidelines)	Pilates/Weight Training	Swim 700 TIMED	1200-1300 calories (less than 1 hour)	2240 calories (2 hours)	2240 calories (2 hours)
REST DAY	Weigh in - GOAL 180		Run 30 minutes	Bike/Walk brick (bike 70', walk 50')	Bike 120
					Run 40 minutes
					30
					1700 Calories (1 hour)
					Run 36 minutes (3 miles)
					Swim 1000
May 1	2	3	4	5	6
**Week 2	1700 Calories (1 hour)	1700 Calories (1 hour)	1700 Calories (1 hour)	1700 Calories (1 hour)	2240 calories (2 hours)
1700 Calories (1 hour)	Pilates/Weight Training	Run 55	Pilates/Weight Training	Run 45 minutes	Bike/run brick (bike 90, run 2.5 miles)
REST DAY	Swim 1300		Swim 1500		
Run 50 minutes					7
					1700 Calories (1 hour)
					Run 55
					Swim 1100
8	9	10	11	12	13
**Week 3	1700 Calories (1 hour)	1200-1300 calories (less than 1 hour)	1700 Calories (1 hour)	1200-1300 calories (less than 1 hour)	1200-1300 calories (less than 1 hour)
REST DAY	Pilates/Weight Training	Run 32'	Bike 75-90'	Run 32'	Swim 900
	Swim 1900		Pilates/Weight Training		
					14
					1700 Calories (1 hour)
					Bike/run Brick (3x20' - 10')
15	16	17	18	19	20
**Week 4	1700 Calories (1 hour)	1700 Calories (1 hour)	1700 Calories (1 hour)	1700 Calories (1 hour)	1700 Calories (1 hour)
REST DAY	Pilates/Weight Training	Run 60 minutes	Swim 1600	Run 45'	Run 1 mile fast
	Swim 1600				Swim 1600
					21
					2240 calories (2 hours)
					Bay to Breakers 12k run
22	23	24	25	26	27
**Week 5	1700 Calories (1 hour)	2240 calories (2 hours)	1700 Calories (1 hour)	1700 Calories (1 hour)	2240 calories (2 hours)
REST DAY	Pilates/Weight Training	Bike/run brick (2x 40' - 15')	Pilates/Weight Training	Bike/run brick (bike 80', run 15')	Bike/run brick 145' - 15'
	Swim 1600		Run 20-30'		
					28
					Run - drills or 3 miles