

# June\* 2006

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
May 29	30	31	June 1	2	3
<b>**Week 6</b>	1700 Calories (1 hour)	1700 Calories (1 hour)	REST DAY	Pilates/Weight Training	7:30am 10:30am Bike 160'
1700 Calories (1 hour)	Pilates/Weight Training	Run 65'	Weigh in goal: 170		
Run 20' walk 13'	Swim 1000				
Swim 1600					
					4
					Run (5x 7' run, 2' walk) 45 minutes
					Swim 1400
5	6	7	8	9	10
<b>**Week 7</b>	Run LSD, 40'	Pilates/Weight Training	Bike/run brick (bike 80', run 15')	Bike 120'	
_Recovery Week	REST DAY	Swim 1800		Pilates/Weight Training	
Pilates/Weight Training					
Run 10' walk 10'					
Swim 1950					
					11
					Bike/run brick [4 x (15' - 10')]
12	13	14	15	16	17
<b>**Week 8</b>	Pilates/Weight Training	LSD run 65-78'	Pilates/Weight Training	Bike/run brick (bike 60', run 15')	Bike 150'
REST DAY	Swim 1800		Swim 1800		
					18
					Run drill work
19	20	21	22	23	24
<b>**Week 9</b>	Pilates/Weight Training	Run 1.5 miles + 4-6 100 yd sprints w/100 yard wal	Pilates/Weight Training	Bike 30	Swim/bike/run EZ (10/20/15)
REST DAY	Run 20', walk 10'		Swim 2000		
Run 40'	Swim 1600				
					25
					BRICK - Bike 90', Run 60', swim 1 mile
26	27	28	29	30	July 1
<b>**Week 10</b>	Bike 40' inside, 75' outside	Run 6 miles	Bike/walk Brick (bike 75' easy spin, 30' walk)	Pilates/Weight Training	Bike 135'
REST DAY	Pilates/Weight Training			Swim 1800	Weigh in goal: 160
walk 20-30'	Swim 800-1200, recover				
					2
					Run 30' flat
					Swim 1900