

July 2006

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
July 3	4	5	6	7	8
**Week 11	Bike	Run 30'	Swim 2350	Run 32' flat and fast	Bike/run brick
REST DAY	Pilates/Weight Training				
					9
					Bike 120
10	11	12	13	14	15
**Week 12	Spin	Swim 1600	Run 45'	Run 45'	Run 4-6 miles (55 minutes)
REST DAY			Swim 1600	Swim 1600	Swim 1600
Run 50'					
Swim 1600					
					16
					Bike 135' hills
17	18	19	20	21	22
**Week 13	Run EZ 20-30'	brick bike/run (2x (40' - 15'))		Swim 1600	brick bike/run (Bike 145 hills, run EZ 15')
REST DAY	Swim 1600				
Spin - 60 minutes					
					23
					Run 5 miles
24	25	26	27	28	29
**Week 14		Run 65-78'	Run 65-78'	Run 33'	Bike 160' hills
REST DAY		Swim 2000	Spin	Swim 1400	
Run 33'					
Swim 2000					
					30
					BRICK - 4 x (15' bike 10' run)
31	August 1	2	3	4	5
**Week 15	Weigh in goal: 150	Swim 2050	Spin class	Swim 1800	Run 8 miles
REST DAY					
Run 75' EZ pace					
					6
					BRICK - 20-25 mile bike and 3 mile run