

September 2005

September 2005							October 2005						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
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
August 29	30	31	September 1	2	3
*REST DAY Nutrition - (12-14 calories per pound) 2	*Nutrition - (18-24 calories per pound) 2	*Nutrition - (15-17 calories per pound) 21	*Nutrition - (15-17 calories per pound) 21	*Nutrition - (15-17 calories per pound) 21	*Nutrition - (18-24 calories per pound) 25
	Run 33'	SPIN CLASS	Run 65-78'	Swim 1400	BRICK - 4 x (15' bike 10' run)
	Swim 2000		5:30pm 6:30pm Pilates		
					Bike 160' hills aerobic
5	6	7	8	9	10
Run/walk 10/10	OFF DAY	Run 40' EZ pace	Swim 1800	BRICK 65 minute spin and EZ 15 minute ru	165' bike rolling hills
Swim 2050			5:30pm 6:30pm Pilates		
6:00pm 7:00pm True Balance Pilates and weight training					
					BRICK Swim/Run 1500/3 miles
12	13	14	15	16	17
Swim 1800	Off Day	65-78' lsd run, no walk, check time	Swim 1900	BRICK Spin 60' run 15'	Run 7 miles, no walking, check time
Week 13			5:30pm 6:30pm Pilates	Stretch 15' on reformer	
6:00pm 7:00pm True Balance Pilates and weight training					
					Bike 150'
19	20	21	22	23	24
Swim 1050 + T-30 main set (600 WU, T-3	Off Day	Run lsd, 6-9 miles	Swim 1500	Spin 45'	BRICK Swim 2500-3000 + run 5 miles
Week 14			5:30pm 6:30pm Pilates		
6:00pm 7:00pm True Balance Pilates and weight training					
					BRICK 120' bike + 30' run
					Organize tri gear
26	27	28	29	30	October 1
Now is no time to think of what you do not	Off day	Pack race bag	Swim 1600	Bike 30'	15' run, 10' swim, 20' bike
Run/walk 20'/10'		Run .5 mile WU, 8-1200 yards run drills, .5	Take bike to Steph's house	Leave for Santa Cruz in evening (Remember	Packet pickup
Swim 1600			5:30pm 6:30pm Pilates		
Week 15					
6:00pm 7:00pm True Balance Pilates and weight training					Race day!
					2