

Sunday, April 17, 2011

---

**Custom : Getting Started**

**Workout Description:**

Review attached files to view program details & perceived exertion chart related to exercise intensity and heart rate zones.

---

Monday, April 18, 2011

---

**Swim : Endurance**

**Planned Time:** 0:30:00  
**Planned Distance:** 500 yards

**Workout Description:**

Swim at a comfortable pace, heart rate zone 1-2, completing 20 x 25 yards. Rest :40 or as needed after each interval.

---

**Strength : Functional Strength**

**Planned Time:** 0:30:00

**Workout Description:**

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30,
- 6) Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

For a video demonstration, click on the exercise at the bottom and then click "media."

**Pre Activity Comments:**

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

---

**Squats**

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

**Overhead Dumbbell shoulder press**

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

**Forward lunge left**

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

**Forward lunge right**

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

**Dumbbell Rows**

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

**Plank**

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

**Side Plank**

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

---

Tuesday, April 19, 2011

---

**Bike : Endurance**

**Planned Time:** 0:30:00

**Workout Description:**

Endurance ride. Focus on keeping your pedal stroke (cadence) at 85-90 rpm. This is ~15 right foot revolutions per 10 seconds. Keep your foot relaxed while engaging the quad to pull the leg up.

**Pre Activity Comments:**

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

---

Wednesday, April 20, 2011

---

**Run : Endurance**

**Planned Time:** 0:10:00

**Workout Description:**

Endurance run, heart rate zone 1-2, comfortable pace.

Run/Walk option: Run 4:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead and pump the arms back and forth and a quick leg turnover; ~15 right foot revolutions per 10 seconds.

**Pre Activity Comments:**

This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

---

**Strength : Functional Strength**

**Planned Time:** 0:30:00

**Workout Description:**

Do 2-3 x 15 reps (rest 60 seconds between sets) at 40-60% of your max load:

- 1) Squats - 3 x 30 squats on :30 sec rest
- 2) Overhead Dumbbell Shoulder Press,
- 3) Forward Lunges 10 per leg,
- 4) Dumbbell row,
- 5) Plank 4 x :30 rest :30,
- 6) Side Plank 4 x :30 rest :30 each side.

Cool down with 5-10 min easy spinning at high rpm.

For a video demonstration, click on the exercise at the bottom and then click "media."

**Pre Activity Comments:**

Warm up by doing some light running or cycling for 5-10 minutes before starting strength work.

---

**Squats**

Notes - Begin with feet closer than shoulder width apart and hold both hands to the sides. Slowly squat down to 90 degrees and return to the start position. Repeat as desired.

**Overhead Dumbbell shoulder press**

Notes - Begin with feet shoulder width apart and dumbbells in each hand at shoulder height. Extend both dumbbells until your arms are fully extended above the head. Repeat as desired.

**Forward lunge left**

Notes - Begin with feet shoulder width apart and hands at waist height. Step the left foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

**Forward lunge right**

Notes - Begin with feet shoulders width apart and hands at waist height. Step the right foot forward until the foot makes contact with the ground. Return to the start position by pushing off your right foot and returning to the start position. Repeat as desired.

**Dumbbell Rows**

Notes - Begin by laying face down on the bench with the arms fully extended grasping the dumbbells on the ground. Slowly pull the elbows and dumbbells back as far as you can. Repeat as desired.

**Plank**

Notes - Begin by laying face down on the ground with the elbows flexed. Brace yourself and hold as long as possible. Repeat as desired.

**Side Plank**

Notes - Begin by laying on your right side with your right elbow flexed and the outside of the right foot in contact with the ground. Hold your left arm tight to the side of the body. Hold as long as possible. Repeat as desired.

---

Thursday, April 21, 2011

---

### Swim : Endurance

**Planned Time:** 0:30:00  
**Planned Distance:** 500 yards

**Workout Description:**

Swim at a comfortable pace, heart rate zone 1-2, completing 20-25 x 25 yards. Rest :30 or as needed after each interval.

---

Friday, April 22, 2011

---

### Day Off

Saturday, April 23, 2011

---

### Run : Endurance

**Planned Time:** 0:15:00

**Workout Description:**

Endurance run, heart rate zone 1-2, comfortable pace.

Run/Walk option: Run 4:00 and Walk 1:00

Focus on running with proud posture, lean slightly forward, eyes looking ahead and pump the arms back and forth and a quick leg turnover; ~15 right foot strikes per 10 seconds.

**Pre Activity Comments:**

This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.

---

Sunday, April 24, 2011

---

### Bike : Endurance

**Planned Time:** 0:45:00

**Workout Description:**

Endurance ride. Focus on keeping your pedal stroke (cadence) at 85-90 rpm. This is ~15 right foot revolutions per 10 seconds. Keep your foot relaxed while engaging the quad to pull the leg up.

**Pre Activity Comments:**

The endurance bike is a heart rate zone 1-2. This is aerobic base training time. "Aerobic" mean "with oxygen." Your effort level should not leave you gasping. A "conversational pace" is a good guideline...your breathing should be easy and you should be able to carry on a conversation.