



April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 DAY OFF	4 SWIM: 10 x 50 @ :45 rest	5 RUN: 10 min	6 BIKE: 20 min	7 SWIM: 10 x 50 @ :45 rest	8 RUN: 15 min
9 BIKE: 40 min	10 DAY OFF	11 SWIM: 10 x 50 @ :40 rest	12 RUN: 12 min	13 BIKE: 30 min	14 SWIM: 10 x 50 @ :40 rest	15 RUN: 20 min
16 BIKE: 50 min	17 DAY OFF	18 SWIM: 10 x 50 @ :30 rest	19 RUN: 14 min	20 BIKE: 30 min -include 5 @ :30 accelerations with :1:30 rest	21 SWIM: 10 x 50 @ :30 rest	22 RUN: 15 min
23 BIKE: 30 min	24 DAY OFF	25 8 x 75 @ :45 rest	26 RUN: 16 min	27 BIKE: 30 min -include 5 x :30 accelerations with 1:30 rest	28 SWIM: 8 x 7 5 @ :40 rest	29 RUN: 25 min
30 BIKE: 60 min	Notes:					

◀ March 2017

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