



PARTNER WORKOUTS

SWIM:

Do a regular warm up.

“Relay 1000”

Each of you will do 10 x 50. You rest while your partner is swimming and your partner rests while you are swimming. Record your time. Your goal is to try and improve your combined 1000 time each time you swim it.

BIKE:

For 2 people who *are not the same biking ability*:

Do a warm up of 15-30 minutes.

Faster biker leads – when s/he gets to a turn in the course, turn around and go back to find the slower biker.

For 2 EXPERIENCED cyclists of the *same ability*:

Do a warm up of 15-30 minutes.

Ride together for 10 minutes – then move into the drafting position.

Rider 1 leads for 15 minutes, then swap positions.

RUN:

For 2 people who *are not the same running ability*:

Do a warm up of about 10-15 minutes.

Faster runner leads – when s/he gets to a turn in the course, turn around and go back to find the slower runner. If there are no turns on your run course, turn around every 10 minutes or so.

For 2 runners of the *same ability*:

Do a warm up of about 10-15 minutes.

Run side by side. Each runner will rotate picking the “fartlek” distance. For example – runner 1 will reach a certain tree (calling it out in advance) and push the pace until the next mark (again, calling it out – tree, fence post, car, etc.). Then both run easy until runner 2 calls out the next one (ie., starting at that mailbox, corner, rock, etc.) and both push the pace until runner 2 gives the cue to stop.