

CLIENT

Name _____

Age: _____

Height: _____

Weight: _____

COACH

Name: _____

Phone: _____

WEEKLY WORKOUTS

*Daily Exercises**Done?*

Monday	Swim Endurance and Technique	
Warm-up Swim (easy pace)	Sets: 1	Repeat: 10 minutes
Weight: _____		
Interval Swim (moderate to hard pace)	Sets: 5	Repeat: 200 meters
Weight: _____		
Drill Practice (e.g. catch-up, fingertip drag)	Sets: 3	Repeat: 50 meters
Weight: _____		
Cool-down Swim	Sets: 1	Repeat: 5-10 minutes
Weight: _____		
Note: _____		

Tuesday	Bike - Endurance and Strength	
Warm-up Ride	Sets: 1	Repeat: 15 minutes
Weight: _____		
Steady State Ride	Sets: 1	Repeat: 60 minutes
Weight: _____		
Hill Repeats	Sets: 4	Repeat: 3-5 minutes
Weight: _____		
Cool-down Ride	Sets: 1	Repeat: 10 minutes
Weight: _____		
Note: _____		

Wednesday

Run Intervals and Speed Work

Warm-up Jog Sets: 1 Repeat: 10 minutes

Weight: _____

Interval Sprints Sets: 8 Repeat: 400 meters

Weight: _____

Tempo Run Sets: 1 Repeat: 20 minutes

Weight: _____

Cool-down Jog and Stretch Sets: 1 Repeat: 10 minutes

Weight: _____

Note: _____



Thursday

Strength Training - Full Body

Warm-up Mobility Sets: 1 Repeat: 10 minutes

Weight: _____

Bodyweight Squats Sets: 3 Repeat: 15-20

Weight: _____

Push-ups Sets: 3 Repeat: 12-15

Weight: _____

Plank Hold Sets: 3 Repeat: 45-60 seconds

Weight: _____

Superman Hold Sets: 3 Repeat: 30 seconds

Weight: _____

Lunges Sets: 3 Repeat: 10 each leg

Weight: _____

Note: _____



Friday

Brick Workout - Bike to Run

Warm-up Bike

Sets: **1** Repeat:

15 minutes

Weight: _____

Bike Ride

Sets: **1** Repeat:

45 minutes

Weight: _____

Transition Run

Sets: **1** Repeat:

20 minutes

Weight: _____

Cool-down Run and Stretch

Sets: **1** Repeat:

10 minutes

Weight: _____

Note: _____



Saturday

Long Run Endurance

Long Run

Sets: **1** Repeat:

60-90 minutes

Weight: _____

Post-run Mobility and
Stretching

Sets: **1** Repeat:

15 minutes

Weight: _____

Note: _____

