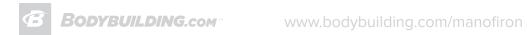


DAY 85: SHOULDERS, TRICEPS, ABS, SWIM									
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5		
SUPERSET									
Lateral raise With elbows bent to 90 degrees	3	20							
Dumbbell front raise Reaching all the way behind back at the bottom of each rep	3	20							
SUPERSET									
Dumbbell shrug	3	20							
Rear delt raise	3	20							
GIANT SET									
Cable triceps extension	3	20							
Overhead extension	3	20							
Close-grip push-up	3	20							
Hanging knee raise With band around feet for extra resistance, if possible	3	20							
SUPERSET									
Lying leg raise to failure With medicine ball on shins	5	to failure							
Plank	5	to failure							

SWIMMING

1000-2000 meters open water, if possible. Start with easy 5 min., then build the effort to a sustainable 6/10.







DAY 86: LEGS, BIKE									
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3				
SUPERSET									
Single-leg extension	3	20 per leg							
Step-up	3	20							
SUPERSET									
Smith machine squat Standing on BOSU ball	3	20							
Kneeling jump squat	3	10-15							
SUPERSET									
Single-leg Romanian deadlift With band for extra resistance, if possible	3	10 per leg							
Romanian deadlift With band for extra resistance, if possible	3	10							
Walking lunge	3	to failure							
Calf raise With band for extra resistance, if possible	3	20							

CYCLING

10 mins, easy pace

5 Rounds

4 min. at 190-220 watts or 8/10 effort

4 min. easy spin

10 min, easy pace







DAY 87: BACK, BICEPS, RUN								
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	
Chin-up With band for extra resistance, if possible	3	to failure						
SUPERSET								
Bent-over chest-supported dumbbell row With band for extra resistance, if possible	3	20						
Bent-over chest-supported dumbbell row With no band	3	20						
SUPERSET								
Deadlift With band for extra resistance, if possible	3	12						
Alternating dumbbell curl	3	20 per arm						
SUPERSET								
EZ-bar curl	5	10 reps, each rep 1-1/2 reps						
Plank on exercise ball	5	to failure						

RUNNING

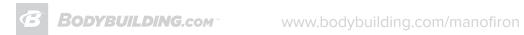
10 min., easy pace

5 rounds

3 min. at strong 8/10 effort

2 min. very easy walk/jog

10 min., easy pace







DAY 88: CHEST, ABS, SWIM									
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3				
Push-up on dumbbells Feet on a bench, dumbbells on their sides, with a mountain-climber style knee lift between each rep	3	20							
Dumbbell plate press Pressing plate between hands	3	20							
Smith machine bench press Performing a leg raise during each rep. Add a band to feet for extra resistance, if needed	3	20							

SWIMMING

200 meters easy swim

200 meters one-arm Superman drill, alternating arms each 25 meters

200 meters easy swim

200 meters alternating 50 meters kick with board, 50 meters easy swim

2 rounds, 1 min. rest between rounds

3 sets of 100 meters with paddles (no pull buoy), 10 sec. rest between sets

200 meters easy pull with buoy, but no paddles

2 sets of 200 meters pull with buoy, 30 sec. rest between sets

200 meters easy swim







DAY 89: BIKE, RUN

CYCLING

30 min., very relaxed, no testing the legs. This is more of an equipment check than anything.

RUNNING

10 min., right off the bike. Keep the effort very easy and practice 3-4 bike-to-run transitions to get used to the motions of getting off the bike and starting to run.

90: SHORT-COURSE OLYMPIC TRIATHLON

OPEN WATER SWIMMING

1.5 kilometers

CYCLING

40 kilometers

RUNNING

10 kilometers

DAY 91: BIKE

CYCLING

2 hours or approximately 35 miles



