

Week #1

| Session #1 | Focus: Fitness Evaluation | ALL AGES | | |
|-------------------|---------------------------------|----------|---------------|--|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Complete the Fitness Assessment | | 15 min | |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | | 30 min | |

| Session #2 | Focus: General Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 5 min | 5 min | 10 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 20 min | 30 min | 30 min |

| Session #3 | Focus: General Endurance & Flexibility | 8-10 | 11-13 | 14+ |
|-------------------|--|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 10 min | 10 min | 15 min |
| 3 | Yoga | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 35 min | 40 min |

| | | | |
|--------------------------|-----------|-----------|------------|
| WEEK TOTAL TIME | 70 | 95 | 100 |
| WEEK AVERAGE TIME | 23 | 32 | 33 |

Week #2

| Session #1 | Focus: Strength & Specific Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------------------|--------------|--------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | REST | REST | 10 min |
| 3 | CORE work | | | 5 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 0 min | 30 min |

| Session #2 | Focus: General Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 10 min | 15 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 25 min | 30 min |

| Session #3 | Focus: General Endurance & Flexibility | 8-10 | 11-13 | 14+ |
|-------------------|--|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 10 min | 15 min | 15 min |
| 3 | Yoga | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 40 min | 40 min |

| | | | |
|--------------------------|-----------|-----------|------------|
| WEEK TOTAL TIME | 55 | 65 | 100 |
| WEEK AVERAGE TIME | 28 | 33 | 33 |

Week #3

| Session #1 | Focus: Strength & Specific Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | REST | 10 min | 10 min |
| 3 | CORE work | | 5 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 30 min | 35 min |

| Session #2 | Focus: General Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 10 min | 15 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 25 min | 30 min |

| Session #3 | Focus: General Endurance & Flexibility | 8-10 | 11-13 | 14+ |
|-------------------|--|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 10 min | 15 min | 15 min |
| 3 | Yoga | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 40 min | 40 min |

WEEK TOTAL TIME 55 95 105

WEEK AVERAGE TIME 28 32 35

Week #4

| Session #1 | Focus: Strength & Specific Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | REST | 10 min | 10 min |
| 3 | CORE work | | 5 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 30 min | 35 min |

| Session #2 | Focus: General Endurance | 8-10 | 11-13 | 14+ |
|-------------------|--------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 15 min | 15 min | 20 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 35 min |

| Session #3 | Focus: General Endurance & Flexibility | 8-10 | 11-13 | 14+ |
|-------------------|--|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 15 min | 20 min | 20 min |
| 3 | Yoga | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 35 min | 45 min | 45 min |

WEEK TOTAL TIME 65 105 115

WEEK AVERAGE TIME 33 35 38

Week #5**Session #1** *Focus: Fitness Evaluation* **ALL AGES**

| | | |
|-------------------|---------------------------------|---------------|
| 1 | Warm-Up (10 minutes) | |
| 2 | Complete the Fitness Assessment | 15 min |
| 3 | Cool-Down (5 minutes) | |
| TOTAL TIME | | 30 min |

Session #2 *Focus: Strength & Specific Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | REST | 10 min | 10 min |
| 3 | CORE work | | 5 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 30 min | 35 min |

Session #3 *Focus: General Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 15 min | 15 min | 20 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 35 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 15 min | 20 min | 20 min |
| 3 | Yoga | 5 min | 10 min | 15 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 35 min | 45 min | 50 min |

| | | | |
|------------------------|-----------|------------|------------|
| WEEK TOTAL TIME | 95 | 135 | 150 |
|------------------------|-----------|------------|------------|

| | | | |
|--------------------------|-----------|-----------|-----------|
| WEEK AVERAGE TIME | 32 | 34 | 38 |
|--------------------------|-----------|-----------|-----------|

Week #6**Session #1** *Focus: Strength & Specific Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10min | 10min |
| 3 | CORE work | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 35 min |

Session #2 *Focus: General Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 10 min | 15 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 25 min | 30 min |

Session #3 *Focus: General Endurance & Flexibility* **8-10 11-13 14+**

| | | | | |
|-------------------|------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | BRICK (Long slow bike) | 15 min | 20 min | 25 min |
| 3 | BRICK (Slow run) | REST | 1 min | 2 min |
| 4 | Yoga | 5 min | 10 min | 15 min |
| 5 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 46 min | 57 min |

| | | | |
|------------------------|-----------|------------|------------|
| WEEK TOTAL TIME | 80 | 106 | 122 |
|------------------------|-----------|------------|------------|

| | | | |
|--------------------------|-----------|-----------|-----------|
| WEEK AVERAGE TIME | 27 | 35 | 41 |
|--------------------------|-----------|-----------|-----------|

Week #7**Session #1** *Focus: Strength & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10min | 10 min |
| 3 | CORE work | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 35 min |

Session #2 *Focus: General Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 10 min | 20 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 25 min | 35 min |

Session #3 *Focus: Power & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval run | REST | 5 min | 5 min |
| 3 | Plyometrics | | REST | 5 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 20 min | 25 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 20 min | 25 min | 25 min |
| 3 | Yoga | 5 min | 10 min | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 40 min | 50 min | 50 min |

WEEK TOTAL TIME **90** **130** **145****WEEK AVERAGE TIME** **30** **33** **36****Week #8****Session #1** *Focus: Strength & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10 min | 15 min |
| 3 | CORE work | 5 min | 10 min | 15 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 45 min |

Session #2 *Focus: General Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 15 min | 15 min | 25 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 40 min |

Session #3 *Focus: Power & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|--------------|--------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Plyometrics | REST | REST | 10 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 0 min | 25 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10** **11-13** **14+**

| | | | | |
|-------------------|------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | BRICK (Long slow bike) | 20 min | 30 min | 35 min |
| 3 | BRICK (Slow run) | 1 min | 2 min | 3 min |
| 4 | Yoga | 10 min | 15 min | 20 min |
| 5 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 46 min | 62 min | 73 min |

WEEK TOTAL TIME **101** **127** **183****WEEK AVERAGE TIME** **34** **42** **46**

Week #9*** If you are competing at Tri-Miami, then skip Session #1, 2 & #4****Session #1** *Focus: Fitness Evaluation* **ALL AGES**

| | | | | |
|-------------------|---------------------------------|--|---------------|--|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Complete the Fitness Assessment | | 15 min | |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | | 30 min | |

Session #2 *Focus: Strength & Specific Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10 min | 15 min |
| 3 | CORE work | 5 min | 10 min | 15 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 45 min |

Session #3 *Focus: General Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 15 min | 15 min | 25 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 40 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 20 min | 30 min | 35 min |
| 3 | Yoga | 10 min | 15 min | 20 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 45 min | 60 min | 70 min |

WEEK TOTAL TIME **130 155 185****WEEK AVERAGE TIME** **33 39 46****Week #10****Session #1** *Focus: Strength & Specific Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10 min | 15 min |
| 3 | CORE work | 5 min | 10 min | 15 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 45 min |

Session #2 *Focus: General Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 15 min | 25 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 40 min |

Session #3 *Focus: Power & Specific Endurance* **8-10 11-13 14+**

| | | | | |
|-------------------|-----------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval run | REST | 5 min | 10 min |
| 3 | Plyometrics | | REST | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 20 min | 30 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10 11-13 14+**

| | | | | |
|-------------------|------------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | BRICK (Long slow bike) | 20 min | 35 min | 40 min |
| 3 | BRICK (Slow run) | 1 min | 2 min | 4 min |
| 4 | Yoga | 10 min | 15 min | 20 min |
| 5 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 46 min | 62 min | 74 min |

WEEK TOTAL TIME **101 147 189****WEEK AVERAGE TIME** **34 37 47**

Week #11**Session #1** *Focus: Strength & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 10 min | 15 min |
| 3 | CORE work | 5 min | 10 min | 15 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 35 min | 45 min |

Session #2 *Focus: General Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 15 min | 25 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 30 min | 30 min | 40 min |

Session #3 *Focus: Power & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval run | 5 min | 10 min | 10 min |
| 3 | Plyometrics | REST | REST | 10 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 20 min | 20 min | 30 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 20 min | 35 min | 40 min |
| 3 | Yoga | 10 min | 15 min | 20 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 45 min | 60 min | 70 min |

WEEK TOTAL TIME **120** **145** **185****WEEK AVERAGE TIME** **30** **36** **46****Week #12****RACE at Riviera Beach, Singer Island****Session #1** *Focus: Strength & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval bike | 5 min | 5 min | 10 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 20 min | 20 min | 25 min |

Session #2 *Focus: General Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow run | 10 min | 10 min | 15 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 25 min | 25 min | 30 min |

Session #3 *Focus: Power & Specific Endurance* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|--------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Interval run | REST | 5 min | 10 min |
| 3 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 0 min | 20 min | 25 min |

Session #4 *Focus: General Endurance & Flexibility* **8-10** **11-13** **14+**

| | | | | |
|-------------------|-----------------------|---------------|---------------|---------------|
| 1 | Warm-Up (10 minutes) | | | |
| 2 | Long slow bike | 15 min | 25 min | 25 min |
| 3 | Yoga | 15 min | 20 min | 30 min |
| 4 | Cool-Down (5 minutes) | | | |
| TOTAL TIME | | 45 min | 60 min | 70 min |

WEEK TOTAL TIME **90** **125** **150****WEEK AVERAGE TIME** **30** **31** **38**