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| --- | --- | --- | --- | --- | --- | --- | --- |
| **(Example)** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Morning**  |  | **45 minute morning swim** |  | **Strength/Core** | **Rest** | **1 hour run** | **2.5 hour long ride** |
| **Afternoon** | **Noon Swim** | **Noon Spin Class** | **Noon Swim** | **Noon Spin Class** | **Rest** |  |  |
| **Evening** | **Run intervals with track team** |  | **1.5 hour long run** |  | **Rest** | **Strength/core** |  |

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Morning**  |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Morning**  |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |