|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MONTH | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
| 1+2 | Recreational | strength (upper) | cardio of choice | strength (lower) | cardio of choice | core and cardio | Rest |
| 3 | Upper+cardio | Speed+HIIT | Lower+cardio | Low intensity | Core+ | 2 hr Interval | Rest |
|  |  |  |  | Cycling | Yoga/rest | Cycling |  |
| 4 | Lower | Cardio | Upper | Cardio | Light cycle with yoga | 150 minute outdoor cycle | Rest |
| 5 | Lower + Plyometrics | Cardio | Upper  + plyometrics | Cardio | Core | 150 minute outdoor cycle w/ HIIT | Rest |
| 6 | Week1+2: |  |  |  |  |  |  |
|  | Plyometrics | Legs | Core | Rest | 2hr cycling | Upper + core |  |
|  | Week 3: |  |  |  |  |  |  |
|  | Cycling | cycling | Rest | Cycling | Cycling | Cycling | Rest |
|  | Week 4: |  |  |  |  |  |  |
|  | Cycling | Cycling | Rest | Cycling | Rest | Rest | RACE DAY |