

Last Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout	Plyometrics  Treadmill 3000 ft vertical gain in 40 minutes Bike 30 minutes simulating Long Hill	T. Mill 60 minutes  Technical Bike Ride 90 minutes	Ran Stadiums 90 minutes Row 30 minutes	Bike 1:45 Hill Repeats:	Off Didn't feel well	Kayaked 3 hours
Result			Got super bored. I was by myself but wanted to test myself. It was a good workout. Lets were shaking!	Legs were very tired from stadiums so this was a good one.		My back was sore from intervals. I found a neat place to pddle on the lake. I saw tons of fisherman who

**GOAL FOR NEXT WEEK**

10 weeks To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout 1	Treadmill 60 minutes full incline Weights Circiut with Intervals	T Mill 2 hours on full incline Weights Circiut with Intervals	Bike 3.5 hours vaired...hill...int...spe Run 30 minutes on Treadmill up hill	Bike 4.5 hours vaired...hill...int...spe Run 30 minutes on Treadmill up hill	Kayak 3 hours  Weights Circiut with	Bike 90 minutes of intervals Run 35 minutes  Weights Circiut with Intervals
Result	Circuit with the MHR intervals killed. Great day	Great workout. So tired and bored but great stuff. Arms are very sore from circiut training.				