

TRIATHLETE Workout Plan

TRIATHLETES combine all of the areas of fitness in such a beautiful way. Many look like bodybuilders, many like cyclists, many like runners, some like figure fitness models and others like powerlifters. Triathletes are always in great shape and have amazed us with their workout versatility. The TRIATHLETES WORKOUT PLAN has been designed to keep muscle active, agile and lean, while still building the lean muscle size. This workout combines the entire upper body one day and the entire lower body another. This gives the Triathlete enough rest time in-between for rest and recuperation. We recommend the two days of lifting and 6 full days of cardiovascular exercises between, cycling, swimming, running and spin classes. This workout also recommends abs daily to keep the core strong for muscle longevity and endurance.

Monday = Cycle Ride / Abs

Tuesday = Upper Body / Run / Abs

Wednesday = Swim / Abs

Thursday = Spin Class / Lift Lower Body / Abs

Friday = Cycle Ride / Abs

Saturday = Swim / Cycle Ride / Run and Abs

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

ABS, BACK, CHEST, BIS, TRIS, SHOULDERS

You will be selecting 2 exercises for the each muscle group and doing 15 reps for each 2 times at a fast pace and pushing weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR ABS

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BACK

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR BACK

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

CHEST

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CHEST

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

BICEPS

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR BICEPS			
15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TRICEPS**

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR TRICEPS			
15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**SHOULDERS**

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR SHOULDERS			
15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TOTAL TIME: 54 minutes****LOWER BODY WORKOUT****ABS, QUADS HAMSTRINGS, CALVES, INNER THIGH/GROIN**

You will be selecting 2 exercises for the each muscle group and doing 15 reps for each at 2 times at a moderate and comfortable weight limit. You should be burning by your third set, because it will be a different lift than your first.

ABS

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR ABS			
15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**QUADRICEPS**

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute
SWITCH WORKOUT FOR QUADRICEPS			
15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON

HAMSTRINGS

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR HAMSTRINGS

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**CALVES**

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR CALVES

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**INNER THIGH/GROIN**

Reps	Intensity	Feeling	Rest Period
15	5	Warm up	1 minute
15	6	Starting to feel tension	1 minute

SWITCH WORKOUT FOR INNER THIGH/GROIN

15	7	Feeling quite a burn	1 minute
15	8	Consistent burn	1 minute

REST FOR 1 MINUTE BEFORE MOVING ON**TOTAL TIME: 45 minutes****CARDIO - Done through swimming, running, spin class and cycle rides.**