Wk 1 (10/4)	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (30 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	X

Wk 2 (10/11)	Swim	Bike	Run	Weights	Core
Mon	#4				
Tues		x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#5			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#6		run at lunch (30 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	X

Wk 3 (10/18)	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (30 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1 hr)	Chest in morning	Х

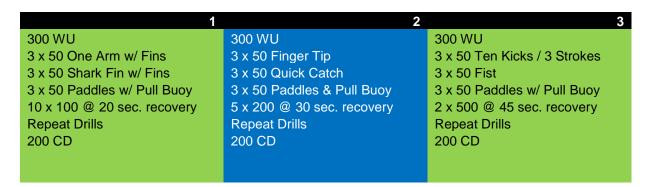
Wk 4 (10/25)	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (30 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (30 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

Wk 5 (11/1)	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (40 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (40 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

Wk 6 (11/8)	Swim	Bike	Run	Weights	Core
Mon	#1				
Tues		x in morning at home (45 min)	run at lunch (40 min)	Legs in evening	Row Machine (30 min)
Wed	#2			Back at work	X
Thur		x in morning at home (1 hour)		Arms at work	
Fri	#3		run at lunch (40 min)		X
Sat	2K Straight	x in morning at home (1 hour)		Legs in morning	Row Machine (30 min)
Sun		x in morning at Y (30 min)	run in morning (1:15)	Chest in morning	X

Swim Sessions:

- During all swims place heavy emphasis on bilateral breathing, body roll, and exhaling properly.
- Off-season goal is to perfect the swim stroke. Speed and endurance focus will come at the beginning of the New Year.



Weight Training:

- Work legs twice per week, since the off-season goal is to improve leg strength; especially the hamstrings.
- Goal of Back and Arm workouts are to help strengthen muscle groups used during swimming; especially during the "pull" phase.

Leg Workout

Leg Press -5×5 Good Mornings -3×10 Squats -5×5 Side Lunges -3×20 (alternating legs; 10 per leg) Isolated Leg Curls -3×10 Leg Extensions 3×10

Back Workout

Pull-Ups – 3 x 8 Close Grip Pull-Down – 3 x 10 Incline Bench Pull – 3 x 10 Gorilla Crunch – 3 x 6 Straight Arm Pull-Down – 3 x 8 Shoulder Shrugs – 3 x 15 Single Leg Calf Lifts – 3 x 15

Arm Workout

Dips – 3 x 10 Skull Crusher – 3 x 10 Isolated Triceps Extension – 3 x 8 Straight Bar Curl – 3 x 8 Preacher Curl – 3 x 8 Alternating Hammer Curls – 3 x 10 Drag Curl – 3 x 8

Chest Workout

Bench Press – 5 x 5 Bench Fly – 5 x 5 Rear Delt Row – 5 x 5 Lat Raise – 3 x 8 Front Raise – 3 x 8