

Post 21-Day PAST

ALTERNATING DAYS

*200Push-Ups, 200Sit-Ups, 50Pull-Ups (throughout the day).

*All three cal, 2 min, max effort (don't quit).

Monday

*Swim

•Kick Board-500M

REST

•Freestyle-500M for time

REST

*Run

•1/2mi Warm-up THEN 1.5 mi run / annotate time.

Tuesday

*Swim

•Freestyle-1000M for time.

REST

*Run

•Run long and slow (go run for 45 min/annotate distance covered).

Wednesday -Rest Day (go for easy walk/unloaded hike), Carbs / Protein, Hydrate NO HIGH SUGARS/SODA

Thursday

*Swim

•Kick Board-50m(10x), 30Sec Rest Interval

REST

•Freestyle-500m(2x), 3Min Rest Interval

*Run

•1mi Warm-up

•Run 400m in 1.5min, Rest Interval time

•Repeat (8x)

•1mi Cool-Down

Total of 4 miles

Friday

*Swim

•Freestyle 500M with alternating kick board laps.

REST.

•Freestyle-500m for time.

REST

*Run

3mi Run, Under 22min is the goal, Annotate Time

Saturday

*Swim

•Freestyle-500m for time + add your own swim workout.

REST

*Run

2hr Hike OR Stair Stepper OR Combination

Sunday-Rest Day (go for a walk/easy day), Carbs And Protein, Hydrate NO HIGH SUGARS/SODA