

Beginner Lake Norman Excursion 5K /10 mile ride : 5/21/2012 - 6/3/2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/21	5/22	5/23	5/24	5/25	5/26	5/27
<p>Run : Run/Walk 30 minutes Planned Time: 0:30:00 Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p> <p>Custom : Congratulations on making a commitment to try something new! This 8 week beginner plan will prepare you to run a 5K and then bike 10 miles.</p> <p>Workout Description: For training purposes, you can ride a stationary bike or take a spin class for any of the bike workouts on the schedule.</p> <p>You also need a good pair of running shoes that have been replaced within the last 6 months and that have been selected with the help of a reputable running store. Incorrect shoes can cause injuries! Bring a copy of your event registration receipt to Charlotte Running Company, Mooresville, and receive 10% off your next pair of running shoes.</p>	<p>Day Off : Day off or crosstrain Workout Description: If you are planning to do the triathlon in September, now would be a good time to start getting used to the water. Start taking some swim lessons or just go to the pool and start moving your body in the water- any stroke will do.</p>	<p>Bike : Bike 30 minutes continuous Planned Time: 0:30:00 Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink some water with this ride.</p>	<p>Run : Run/Walk 30 minutes Planned Time: 0:30:00 Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off Custom : Tip of the week: Keep your bike tires pumped. Workout Description: Tires need to be checked and pumped before every ride. Look on the sidewall of your bike tire to find the recommended PSI (pounds per square inch) of tire inflation. The meter on your bike pump will let you know when you've filled to that number.</p>	<p>Bike : Bike 30 minutes continuous Planned Time: 0:30:00 Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink some water with this ride.</p>	<p>X-Train : Crosstrain Planned Time: 0:30:00 Workout Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. If you plan to do the triathlon, please think about joining an open water swim group, or add a tri specific core strength and conditioning class to your schedule. Contact, sarah@coolbreezed or leigh_ann@coolbre for more information and registration details.</p>

5/28	5/29	5/30	5/31	6/1	6/2	6/3
Run : Run/Walk 30 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.	Day Off : Day off or crosstrain Workout Description: Spend some time in the water if you plan to do the tri.	Bike : Bike 30 minutes continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink some water with this ride.	Run : Run/Walk 30 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.	Day Off : Day off Custom : Tip of the week: Always wear a helmet when you ride your bike outside. Workout Description: Make sure that it fits correctly and that you replace it every 5 years OR if you should crash on your bike.	Bike : Bike 30 minutes continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink some water with this ride.	X-Train : Crosstrain Workout Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon

Beginner Lake Norman Excursion 5K /10 mile ride : 6/4/2012 - 6/17/2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/4	6/5	6/6	6/7	6/8	6/9	6/10
<p>Run : Run/Walk 30 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 35 minutes continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink some water during this ride.</p>	<p>Run : Run/Walk 20 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off Custom : Tip of the week: Always wear sunglasses when you ride and run. Workout Description: Even on a rainy day, your eyes need protection from loose objects that may fly up in your face.</p>	<p>Run : Run/Walk 10 minutes Workout Description: Run/walk or a combination of both for 10 minutes continuous at an easy, conversational pace. Take a short break (no more than 30 minutes) and then start the bike workout. Bike : Bike 20 minutes Workout Description: Bike 20 minutes at an easy, conversational pace.</p>	<p>X-Train : Crosstrain Workout Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon</p>
6/11	6/12	6/13	6/14	6/15	6/16	6/17
<p>Run : Run/Walk 35 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 40 minutes continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink at least half a bottle of water during this ride.</p>	<p>Run : Run/Walk 20 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off Custom : Tip of the week: In hot weather, it is important to replenish lost fluid and electrolytes. Workout Description: Make sure that you are drinking plenty of fluids before, during and after your workouts.</p>	<p>Run : Run/Walk 15 minutes Workout Description: Run,walk or a combination of both for 15 minutes. Take a short break (no more than 30 minutes) and then start the bike workout. Bike : Bike 25 minutes Workout Description: Bike 25 minutes at an easy, conversational pace.</p>	<p>X-Train : Crosstrain Workout Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon</p>

Beginner Lake Norman Excursion 5K /10 mile ride : 6/18/2012 - 7/1/2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/18	6/19	6/20	6/21	6/22	6/23	6/24
<p>Run : Run/Walk 40 minutes Workout</p> <p>Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout</p> <p>Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 45 minutes continuous Workout</p> <p>Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink at least half a bottle of water during this ride.</p>	<p>Run : Run/Walk 20 minutes Workout</p> <p>Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off</p> <p>Custom : Tip of the week: Wear running socks to prevent blisters.</p> <p>Workout Description: Heavy, cotton, gym socks are not designed for running and can cause blisters. Instead wear socks that are made of a wicking material and are especially designed for running. They can be found in any sporting goods or running stores.</p>	<p>Run : Run/Walk 15 minutes Workout</p> <p>Description: Run,walk or a combination of both for 15 minutes without stopping. Take a short break (no more than 30 minutes) and then complete the bike workout.</p> <p>Bike : Bike 25 minutes Workout</p> <p>Description: Bike 25 minutes at an easy, conversational pace.</p>	<p>X-Train : Crosstrain Workout</p> <p>Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon</p>
6/25	6/26	6/27	6/28	6/29	6/30	7/1
<p>Run : Run/Walk 40 minutes Workout</p> <p>Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout</p> <p>Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 50 minutes continuous Workout</p> <p>Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Drink at least 3/4 of a bottle of water during this ride.</p>	<p>Run : Run/Walk 20 minutes Workout</p> <p>Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off</p> <p>Custom : Tip of the week: Wear a lightweight cap or visor while running in the heat.</p> <p>Workout Description: This cap will help protect your eyes from sweat and will help to keep the top of your head cool.</p>	<p>Run : Run/Walk 20 minutes Workout</p> <p>Description: Run, walk or a combination of both for 20 minutes. Take a short break (no more than 30 minutes), eat a very light snack and then start the bike workout.</p> <p>Bike : Bike 30 minutes Workout</p> <p>Description: Bike 30 minutes at an easy, conversational pace.</p>	<p>X-Train : Crosstrain Workout</p> <p>Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon</p>

Beginner Lake Norman Excursion 5K /10 mile ride : 7/2/2012 - 7/15/2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/2	7/3	7/4	7/5	7/6	7/7	7/8
<p>Run : Run/Walk 35 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 1 hour continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride. Try to drink a full bottle of water during this ride.</p>	<p>Run : Run/Walk 20 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off Custom : Tip of the week: Try some bike shorts. Workout Description: If your seat is uncomfortable while riding, try wearing some padded bike shorts made for cycling. They will make your ride much more pleasant!</p>	<p>Run : Run/Walk 25 minutes Workout Description: Run, walk or a combination of both for 25 minutes. Take a short break (no more than 30 minutes), eat a very light snack and then start the bike workout.</p> <p>Bike : Bike 35 minutes Workout Description: Bike 35 minutes without stopping at an easy, conversational pace. Drink some water during this ride</p>	<p>X-Train : Crosstrain Workout Description: Choose an activity other than running or biking (ie yoga, strength training, swimming) and keep your body moving for at least 30 minutes. Swim if you plan to do the triathlon</p>
7/9	7/10	7/11	7/12	7/13	7/14	7/15
<p>Run : Run/Walk 30 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off or crosstrain Workout Description: Spend some time in the water if you plan to do the tri.</p>	<p>Bike : Bike 30 minutes continuous Workout Description: This workout can be done on a stationary bike or outdoor bike. You should be working at a level that allows you to hold a conversation for most of the ride</p>	<p>Run : Run/Walk 15 minutes Workout Description: Run, walk or a combination of both for 30 minutes without stopping. Keep your effort level at a place where you can easily hold a conversation.</p>	<p>Day Off : Day off Custom : Tip of the week: Don't eat or drink anything on race day that you haven't tried in training. Workout Description: Race day is not the time to try something new! During the event tomorrow, stick to the same foods and drinks that you have been using in your training.</p>	<p>Race : Lake Norman Excursion 5K and 10 mile bike</p>	<p>Day Off : Day off-you earned it!</p>