



# **NO BOUNDARIES**

we know **NO BOUNDARIES**

Welcome to your 2009-2010 training program. It is designed to prepare you in a progression format at a low to moderate increase with a rest period approximately every 4 weeks. It is imperative to reach each 'key' workout each week. Other workouts mentioned are supplemental workouts designed to get you to what you need to be successful.

Weightlifting is designed to separate the exercised group from the affiliated cardio group by as much as possible.

It's essential that you respect the rest weeks, as they serve to prevent burn out and allow your body to recover.

The program is separated weekly. Blue weeks represent progression, yellow represent recovery and red represent main race weeks. Additional races should be conducted at least one a month to get comfortable in a racing atmosphere.

Any question let me know.

-Your Biggest Fan  
KB

Week #1	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday					Off	
Thursday					Shoulders Back	
Friday		2 Mile Jog			Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 4 Miles	Paddle Day			
Sunday	Key Bike 15 Miles					

Week #2	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		2 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 4.5 Miles				
Sunday	Key Bike 16 Miles					

Week #3	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		2 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 5 Miles				
Sunday	Key Bike 17 Miles					

Week #4	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		2 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 6 Miles	Paddle Day			
Sunday	Key Bike 18 Miles					

<b>Week #5</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Recovery Swim 10 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		2 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		2 Mile Jog			Shoulders Back	
<b>Friday</b>						
<b>Saturday</b>		Recovery Run 3 Miles				
<b>Sunday</b>	Key Bike 15 Miles					

<b>Week #6</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 20 laps	Legs Hi Reps Chest	
<b>Tuesday</b>		2.5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		2.5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 6.5 Miles				
<b>Sunday</b>	Key Bike 20 Miles					

<b>Week #7</b>	<b>Bike</b>	<b>Run</b>	<b>Kayak</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 20 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		2.5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		2.5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 7 Miles				
<b>Sunday</b>	Key Bike 21 Miles					

<b>Week #8</b>	<b>Bike</b>	<b>Run</b>	<b>Kayak</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 20 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		2.5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		2.5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 7.5 Miles	Paddle Day			
<b>Sunday</b>	Key Bike 22 Miles					

Week #9	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 20 Laps	Light Legs Chest	
Tuesday		2.5 Mile Jog			Biceps Triceps Calfs	
Wednesday					Off	
Thursday		2.5 Mile Jog			Light Shoulders Light Back	
Friday						
Saturday		Key Run 8.5 Miles				
Sunday	Key Bike 23 Miles					

Week #10	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Recovery Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		2 Mile Jog			Shoulders Back	
Friday						
Saturday		Recovery Run 3 Miles				
Sunday	Recovery Bike 15 Miles					

Week #11	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 25 Laps	Legs Hi Reps Chest	
Tuesday		3 Mile Jog			Biceps Triceps Calfs	
Wednesday					Off	
Thursday		3 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 9 Miles				
Sunday	Key Bike 24 Miles					

Week #12	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 25 Laps	Legs Hi Reps Chest	
Tuesday		3 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		3 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 9.5 Miles	Paddle Day			
Sunday	Key Bike 25 Miles					

<b>Week #13</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 25 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 10 Miles				
<b>Sunday</b>	Key Bike 26 Miles					

<b>Week #14</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 25 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 11 Miles				
<b>Sunday</b>	Key Bike 27 Miles					

Week #15	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 15 Laps	Legs Hi Reps Chest	
Tuesday		2 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		2 Mile Jog			Shoulders Back	
Friday						
Saturday		Recovery Run 3 Miles				
Sunday	Recovery Bike 15 Miles					

Week #16	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 30 Laps	Legs Hi Reps Chest	
Tuesday		3.5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		3.5 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 11.5 Miles	Paddle Day			
Sunday	Key Bike 28 Miles					

<b>Week #17</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 30 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3.5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3.5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 12 Miles				
<b>Sunday</b>	Key Bike 29 Miles					

<b>Week #18</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 30 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3.5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3.5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 12.5 miles				
<b>Sunday</b>	Key Bike 30 Miles					



Week #21	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Recovery Swim 20 Laps	Legs Hi Reps Chest	
Tuesday		3 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		3 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Recovery Run 3 Miles				
Sunday	Recovery Bike 15 Miles					

Week #22	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 40 Laps	Legs Hi Reps Chest	
Tuesday		4 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		4 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 14 Miles				
Sunday	Key Bike 32 Miles					

Week #23	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 40 Laps	Legs Hi Reps Chest	
Tuesday		4 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		4 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 15 Miles				
Sunday	Key Bike 33 Miles					

Week #24	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 40 Laps		
Tuesday		4 Mile Jog				
Wednesday						
Thursday		4.5 Mile Jog				
Friday						
Saturday		Key Run 16 Miles				
Sunday	Key Bike 34 Miles					

<b>Week #25</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Recovery Swim 20 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Recovery Run 3 Miles				
<b>Sunday</b>	Recovery 15 Miles					

<b>Week #26</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 40 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 17 Miles	Paddle Day			
<b>Sunday</b>	Key Bike 35 Miles					

Week #27	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 40 Laps	Legs Hi Reps Chest	
Tuesday		5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		5 Mile Jog			Shoulders Back	
Friday						
Saturday		Key Run 18 Miles				
Sunday	Key Bike 36 Miles					

Week #28	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 40 Laps	Legs Hi Reps Chest	
Tuesday		5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		5 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 19 Miles				
Sunday	Key Bike 37 Miles					

<b>Week #29</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 40 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 20 Miles				
<b>Sunday</b>	Key Bike 38 Miles					

<b>Week #30</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Recovery Swim 20 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		3 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		3 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Recovery Run 3 Miles				
<b>Sunday</b>	Recovery Bike 15 Miles					

<b>Week #31</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 45 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 20.5 Miles	Paddle Day			
<b>Sunday</b>	Key Bike 39 Miles					

<b>Week #32</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 45 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>						
<b>Saturday</b>		Key Run 21 Miles				
<b>Sunday</b>	Key Bike 40 Miles					

Week #33	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 45 Laps	Legs Hi Reps Chest	
Tuesday		5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		5 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 21.5 Miles				
Sunday	Key Bike 41 Miles					

Week #34	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 45 Laps	Legs Hi Reps Chest	
Tuesday		5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		5 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 22 Miles	Paddle Day			
Sunday	Key Bike 42 Miles					

Week #35	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Recovery Swim 20 Laps	Legs Hi Reps Chest	
Tuesday		3 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		3 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Recovery Run 3 Miles				
Sunday	Recovery Bike 15 Miles					

Week #36	Bike	Run	Paddle	Swim	Weights	Additional
Monday				Key Swim 50 Laps	Legs Hi Reps Chest	
Tuesday		5 Mile Jog			Biceps Triceps Calfs	
Wednesday						
Thursday		5 Mile Jog			Shoulders Back	
Friday					Hi Weight Chest Compound Lifting and Polymetrics	
Saturday		Key Run 23 Miles				
Sunday	Key Bike 44 Miles					

<b>Week #37</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 50 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>					Hi Weight Chest Compound Lifting and Polymetrics	
<b>Saturday</b>		Key Run 24 Miles				
<b>Sunday</b>	Key Bike 46 Miles					

<b>Week #38</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Swim</b>	<b>Weights</b>	<b>Additional</b>
<b>Monday</b>				Key Swim 50 Laps	Legs Hi Reps Chest	
<b>Tuesday</b>		5 Mile Jog			Biceps Triceps Calfs	
<b>Wednesday</b>						
<b>Thursday</b>		5 Mile Jog			Shoulders Back	
<b>Friday</b>						
<b>Saturday</b>		Simulation Run 26 Miles	Paddle Day			
<b>Sunday</b>	Key Bike 48 Miles					



# Weight Lifting

## Example Weight Lifting Routine

	<b>Sets</b>	<b>Reps</b>
<b>Legs</b>		
Squats	4	8 to 10
Leg Extentions	3	10 to 12
Lunges	3	10 to 12
*Leg Press	3	10 to 12
Isolated Leg Curls	3	10 to 12
Laying Leg Curls	3	10 to 12
Stiff-Legged Dead Lift	3	10 to 12
<b>Chest</b>		
Bench Press	4	8 to 10
Incline Press	3	10 to 12
Decline Press	3	10 to 12
Cable Flys	3	10 to 12
Pull Overs	3	10 to 12
3-Stage Hi-Rep Workout	3	10 to 12
<b>Triceps</b>		
Pushdowns	3	10 to 12
Overhead Extensions	3	10 to 12
Reverse Grip Pulldowns	3	10 to 12
*Cross Faces	3	10 to 12
<b>Biceps</b>		
Barbell Curl	3	10 to 12
Isolated Dumbbell Curl	3	10 to 12
Hammer Curls	3	10 to 12
<b>Calfs</b>		
Seated Calf Raises	3	10 to 12
Donkey Raises	3	10 to 12
*Leg Press/Standing Raises	3	10 to 12
<b>Back</b>		
Rows	4	8 to 10
Lat Pulldowns	3	10 to 12
Back Extensions	3	10 to 12
Pull Overs (Machine)	3	10 to 12
Shrugs	3	10 to 12
<b>Shoulders</b>		
Front Raises	3	10 to 12
Lateral Raises	3	10 to 12
Rear Delt Flys	3	10 to 12
Military Press	4	8 to 10
<b>Abs</b>		
Ab Roller	3	Burn
Crunches	3	Burn
Leg Lifts	3	Burn

## **Stretching**

Ensure that we are all stretching multiple times daily. The built-up in this routine is strong and that last thing that we need is injuries. In addition, flexibility will be important throughout the race in multiple aspects. Ensuring good flexibility will be beneficial to everyone on our team and will allow us to travel faster, easier and with less injuries.

Begin All workouts with a active/dynamic stretching routine so that all muscles are warmed up properly.

After All Workouts, end with a passive/static stretching routine.

I know this is a routine that we often neglect, and generally all disregard. However, it is going to be important so lets just suck it up.