

Week 1	Day 1	Day 2	Day 3
	Strength		
	ME: Good Mornings (wide stance, low position start)	ME: Strict Press	DE: Good Mornings (wide stance, rack start) 7 - 10 sets of 2 - 3 reps on 90 sec
	CrossFit		
	< 10 min, (M/W) hamstring, glute, low back focus	< 10 min WOD (M/W) chest, shoulder, tricep focus	>10 min WOD
	Endurance		
swim	10 x 50 m/y on 1 min	4 x 200 m/y w/ 90sec rest	500 m/y TT
bike	10 x 1/4 mile/400m on 1 min	4 x 2M w/ 2 min spin/rest between	10M TT
run	8 x 200m w/ 2 min rest...	2 x 800m w/ 3 min rest	5k TT
Week 7	Day 1	Day 2	Day 3
	Strength		
	DE: Sumo Deadlift 1-3 reps on 1 min for 7-12 min	DE: Barbell Rows (form standard Deadlift position) for 2-3 reps on 1 min for 10-12 sets	ME: Front Squat
	CrossFit		
	> 10 min WOD	> 10 min WOD	< 10 min WOD(M/W) focus on quads, hip flexors, abdominals
	Endurance		
swim	20 x 50 on :45-1min	5 x 200m TT's on 2-3 min recoveries	1000 @ 95% of last 800 TT
bike	3 x 1k w/ 90 sec spin, 3 x 2k w/ 2 min spins	5 x 2M w/ 3 min spins	20M @ 85% of 10M TT pace
run	6 x 400m w/ 90 sec rest	4 x 1000m w/ 2-3 min rest	10M TT

Week 2		Day 1	Day 2	Day 3
Strength				
	DE: Push ups 7-10 sets of 2-3 reps on 90 sec		ME: Deadlift	ME: Chin Ups
CrossFit				
	> 10 min WOD	< 10 min WOOD (M/W) hamstring, glute, back focus		< 10 min (M/W) back focus
Endurance				
swim	15 x 50 m/y on 1 min	5 x 200 m/y on time from previous week		800 m/y @ 90% of 500m pace
bike	8 x 1/2M / 800m on 2 min	6 x 2M w/ 2 min spin/rest between		15M @ 90% of 10M TT pace
run	10 x 200m w/ 2 min rest	3-4 x 800m w/ 3 min rest		5k @ 85% of 5k TT pace
Week 8		Day 1	Day 2	Day 3
Strength				
	ME: Bench Press	DE: Box Squat 2-3 reps on :45 for 7-10 sets		DE: Ring Dips or Bar Dips 2-5 on :45 for 7-10 sets
CrossFit				
	<10 min WOD chest, shoulder, tricep focus	> 10 min WOD		> 10 min WOD
Endurance				
swim	4 x (3 x 75) as 1. 80%, 2. 90%, 3. 100% all on 1:30 or less	3 x 400 on 7 min or less		500 TT
bike	5 x 2k w/ 2 min spin	3 x 5k TT w/ 5 min spins		25M TT
run	4 x 200m w/ 60 sec rest 4 x 400m w/ 90 sec rest	4 x 4 min w/ 3 min rest		5k @ last weeks 10M TT pace

Week 3	Day 1	Day 2	Day 3
Strength			
	DE: Sumo Deadlift 9 sets x 1 rep @ 90% on 1:15	DE: Barbell Rows (over hand grip) 10 sets of 2-3 reps on 1:15	ME: Front Squat (wide stance)
CrossFit			
	> 10 min WOD	> 10 min WOD	< 10 min WOD(M/W) focus on quads, hip flexors, abdominals
Endurance			
swim	10 x 75 m/y on 1:30	10 x 100 m/y on 2 min	800 m/y TT
bike	6 x 1M repeats w/ 2 min spin/rest	4 x 4 min TT w/ 4 min spin/rest	12M TT
run	10-12 x 200m w/ 90sec rest	4-5 x 800m w/ 2:30 rest	5M @ last weeks 5k pace
Week 9	Day 1	Day 2	Day 3
Strength			
	ME: Good Mornings (wide stance)	ME: Weighted Towel Pull Ups	DE: Good Mornings (wide stance, low hang position) for 2-3 reps on :45 for 7-12 sets
CrossFit			
	< 10 min hamstring, glute, low back focus	< 10 min WOD back focus	> 10 min WOD
Endurance			
swim	20 x 50 (1. 25 sec rest, 2. 20 sec rest, 3. 15 sec rest, 4. 10 sec rest, 5. 5 sec rest)	10 x 100 on 1:45 or :15 sec less rest	800 m/y TT
bike	5 x 2k repeats w/ 90sec spin/rest	4 x 5 min w/ 3-4 min spin between	15M @ 85%
run	6 x 400m TT's w/ 3-4 min recoveries	5 x 4 min w/ 3 min rest between	2 x 5k @ 90% of 5k TT time... Rest 5-10 min between

Week 4		Day 1	Day 2	Day 3
Strength				
	ME: Floor Press	DE: Box Squat 10 sets of 2 reps on 1:15	DE: Press 8 sets of 3 reps on 1:15	
CrossFit				
	< 10 min WOD (M/W) focus on chest, shoulder, tricep	> 10 min WOD	> 10 min WOD	
Endurance				
swim	20 x 50 m/y on 1 min	3 x 400 m/y TT with 3 min rest	1000 m/y @ 85% of 800 TT pace	
bike	6 x 1M w/ 90sec spin/rest	4 x 4 min w/ 4 min spin/rest holding avg watts or distance of last weeks TT's or better.	20M @ 85% of 12M TT pace	
run	4 x 400m w/ 2 min rest	3 x 1000m with 3 min rest	10k TT	
Week 10		Day 1	Day 2	Day 3
Strength				
	DE: Chin ups for 2-4 reps on :45 for 7 - 10 sets	ME: Sumo Deadlift	ME: Push Press or Jerk	
CrossFit				
	> 10 min WOD	< 10 min hamstring, glute, low back focus	< 10 min WOD focus on chest, shoulder, tricep	
Endurance				
swim	10 x 75 all out w/ 25 easy	5 x 200m on 2:45 or :15 sec less recovery	1000 m/y @ 85% of 800 TT pace	
bike	8 x 1M w/ 60sec spin/rest	5 x 5 min w/ 3-4 min spin/rest	2 x 10M @ 12M TT pace spin 5-10 min between	
run	8 x 300m w/ 60 sec rest	3 x 1200m w/ 2-3 min rest	10k TT	

Week 5		Day 1	Day 2	Day 3
Strength				
	ME: Good Morning (narrow stance), chains or band resistance		ME: Push Press	DE: Good Morning (wide stance) of 10 sets of 2-3 reps on 1 min
CrossFit				
	< 10 min WOD (M/W) hamstring, glute adductor focus	< 10 min WOD (M/W) chest, shoulder, tricep focus		>10 min WOD
Endurance				
swim	20 x 25 m/y TT's on 1 min	6 x 200m on 3 min		500 m/y TT
bike	8 x 1k on 2 min spin between	3 x 5 min at 4 min avg -5% from last week w/ 4 min spin/rest		20M TT
run	6 x 400m w/ 2 min rest	3 x 800m TT with 5 min rest between		5k @ 10k TT pace
Week 11		Day 1	Day 2	Day 3
Strength				
	DE: Sumo Deadlift for 1-3 reps on :45 - :30 for 7 - 10 sets	DE: Press for 2 - 3 reps on :45 - :30 for 7 10 sets		ME: Back Squat
CrossFit				
	> 10 min WOD	> 10 min WOD		< 10 min hamstring, glute, quad focus
Endurance				
swim	20 x 25 TT's w/ easy 50 between	6 x 200 on 2:45 or :15 sec less recovery		500 m/y TT
bike	5 x 1k TT's w/ 2M spin between	5 x 5 min w/ 3-4 min spin rest		3 x 10M @ last weeks pace for 2... w/ 5-10 min spins between
run	5 x 400m w/ 60 sec rest	2 x 1M with 5 min rest between		3 x 5k @ 10k TT pace w/ 5-10 min rest

Week 6		Day 1	Day 2	Day 3
Strength				
	DE: Bench Press (narrow grip) 10 sets of 2-3 reps on 1 min		ME: Sumo Deadlift	ME: L sit Pull Ups
CrossFit				
	> 10 min WOD	< 10 min WOD (M/W) hamstring, glute, back focus	< 10 min WOD (M/W) back focus	
Endurance				
swim	15 x 50 m/y on :45 sec	2 x 500m on 95% of 500 TT		1000 m/y of last 1000 m/y
bike	5 x 1k on 90% of 1k's last week w/ 2 min spin, then 1k TT	4 x 4 min w/ 4 min spin/rest		10M TT
run	6 x 400m w/ 90 sec rest	2 x 200m w/ 90sec rest, 2 x 400m w/ 2 min rest, 2 x 1000m w/ 3 min rest		7M @ 95% of 10k TT pace
Week 12				
Strength				
	ME: Pull Ups	DE: Front Squat for 2- 3 reps on 1 min - :30 for 8 - 12 sets		DE: Barbell Rows (over hand grip) for 2 - 3 reps on 1 min - :30 for 7 -12 sets
CrossFit				
	< 10 min back focus	> 10 min WOD		> 10 min WOD
Endurance				
swim	20 x 50 on :45	6 x 200 on 2:45 or :15 sec less recovery		800 @ 5 sec slower per 100 than 500TT pace
bike	6 x 1k TT's w/ 2M spin between	3 x 5k w/ 1M spin between		10M - 30M TT
run	6 x 400m w/ 60 sec rest	3 x 1M with 5 min rest between		5k - 15k TT