

August_2017

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
July 30 Rest day **Switch if need be. Get a massage or take a nap!	July 31 Run/Walk / Combo 30 min. Steady Pace *It's important to lighten up the workout this week to rest up for the race.	August 1 Swim Swim 30 min Try to do long sets or swim straight to prepare for open water.	2 Run & Bike Can either do together or separate times of day Bike / Spin 30 min. Run / Walk 20-25 min.	3 Swim Swim 30 min Try to do long sets or swim straight to prepare for open water.	4 Rest day Eat Well Drink H2O Stay out of Sun Get good night's rest	5 GO TO EXPO! Light workout Bike 10-15 min (EZ) Run 5-10 min (EZ) Then relax & rest up!!
6 RACE DAY!	7	8	9	10 Join us on Thursday, from 5:30 to 7:30 p.m., Bellco will host an evening of food and fun for Tri for the Cure participants and supporters of Bright Pink. The celebration will take place at our Havana Branch where we'll award prizes, including Fitbits. You had the courage to register. You trained, you learned new skills, and you did the hardest component of any sport: you made time for your health. Bring your pit crew, your cheerleaders, and those you are inspiring to Tri in 2018! In addition, Bellco will make a \$5 donation to Bright Pink for everyone who attends The After Party††.		