

Week 1

Mon Tue Wed Thu Fri Sat Sun

Monday



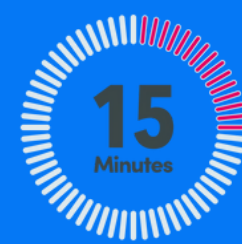
Mon Tue Wed Thu Fri Sat Sun

Tuesday



Mon Tue Wed Thu Fri Sat Sun

Wednesday



Mon Tue Wed Thu Fri Sat Sun

Thursday



Mon Tue Wed Thu Fri Sat Sun

Friday



Mon Tue Wed Thu Fri Sat Sun

Saturday



Wheel, Walk , Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Buddy Up with a Friend, Staff or Family Member.

Week 2

Mon Tue Wed Thu Fri Sat Sun

Monday



Mon Tue Wed Thu Fri Sat Sun

Tuesday



Mon Tue Wed Thu Fri Sat Sun

Wednesday



Mon Tue Wed Thu Fri Sat Sun

Thursday



Mon Tue Wed Thu Fri Sat Sun

Friday



Mon Tue Wed Thu Fri Sat Sun

Saturday



Wheel, Walk, Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Eat Healthy during your training plan.

Week 3

Mon Tue Wed Thu Fri Sat Sun

Monday



Mon Tue Wed Thu Fri Sat Sun

Tuesday



Mon Tue Wed Thu Fri Sat Sun

Wednesday



Mon Tue Wed Thu Fri Sat Sun

Thursday



Mon Tue Wed Thu Fri Sat Sun

Friday



Mon Tue Wed Thu Fri Sat Sun

Saturday



Wheel, Walk, Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Drink 6-8 glasses of water each day.

Week 4



Wheel, Walk, Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Warm-up and stretch
before each activity

Week 5

Mon Tue Wed Thu Fri Sat Sun

Monday



Mon Tue Wed Thu Fri Sat Sun

Tuesday



Mon Tue Wed Thu Fri Sat Sun

Wednesday



Mon Tue Wed Thu Fri Sat Sun

Thursday



Mon Tue Wed Thu Fri Sat Sun

Friday



Mon Tue Wed Thu Fri Sat Sun

Saturday



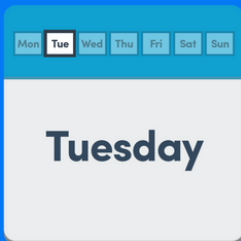
Wheel, Walk, Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Keep up the good work!

Week 6



Wheel, Walk, Jog or Swim

- Swim 1-2 Days Per Week
- Walk 3-4 Days Per Week



Last week before the Aquathon keep training!