

SOUL Fit SOUL STRONG 2018

In 2007, SOUL RYEDERS led its first team of walkers for the Avon Walk to End Breast Cancer. Since then SOUL RYEDERS has supported hundreds of participants in the Avon Walk, Westchester Triathlons, and the Making Strides walk through our SOUL Fit program. This year we are excited to introduce SOUL Fit to SOUL STRONG!

We will have SOUL STRONG groups for the **Making Strides** walk and the **Westchester Super Sprint** event. We have co-chairs for each event who are survivors. We started these groups to encourage our survivor community to join SOUL Fit with the added benefit of the SOUL STRONG support system.

Here's what you need to know:

- **Making Strides Team:** this event is on October 21 and is a 5-mile walk. Families and friends participate in this event together, all ages are welcome.
 - **Co-Chairs:** Stephanie Gould and Janet Muller
 - **Training:** check out the Walk and Talk schedule below
 - **Fundraising:** Each participant raises a minimum of \$250 for SOUL RYEDERS
 - **Support:** the co-chairs and the SOUL STRONG group will have get togethers to check in on the team members and their training
- **Super Sprint Team:** this event is on September 22 and consists of 3-legs: a 300 yard swim, 6-mile bike, and 1-mile run. There is the option to complete all 3-legs of this triathlon yourself or join a relay group and complete 1 or 2 segments of the race.
 - **Co-Chairs:** Devina O'Reilly and Christin Rorke Palladino
 - **Training:** check out the events listed below plus see our resources list for further information about super sprint training plans
 - **Fees:** Participant fees for the full super sprint is \$75 and a 2-3 person relay team is \$110
 - **Fundraising:** Each participant raises a minimum of \$150 for SOUL RYEDERS
 - **Support:** the co-chairs and the SOUL STRONG group will have get togethers to check in on the team members and their training

Training Support

June - October	Walk and Talks: scheduled throughout the SOUL Fit season. Check calendar for dates.
July 14	Yoga in the Park: A session on stretching and yoga to use daily through your training. Open to all SOUL Fit participants. Registration required.
September	Run: Meet at Rye Playland for a group run along the course.
September	Swim: Meet at Oakland Beach for a group swim.
September	Bike: Meet at the Rye Playland parking lot with your bike for a group ride along the Super Sprint route.

Super Sprint Resources:

www.triathlete.com/2017/09/training/12-week-super-simple-sprint-triathlon-training-plan_306300

<https://www.lifetimetri.com/wp-content/uploads/2017/03/SuperSprint-LT-Tri-Training-Plan.pdf>

<https://beginnertriathlete.com/>

SUPER SPRINT TRIATHLON TRAINING

PLAN

Key:

WU = Warm Up

MS = Main Set

CD = Cool Down

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Day off	30 Minute Swim Test: WU 5-10 min easy MS—Swim 15 min max distance, taking breaks if/as needed CD 5 min easy swim	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	45 Min Run Test WU—10 min easy walk/jog MS Run/walk 30 min max distance CD—5 min easy walk	20 Min Easy Swim Swim easy, taking breaks as needed.	45 Min Bike Test WU—Ride 10 min easy MS—Ride 30 min max distance CD—Ride 5 min easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 2	Day off	25-Minute Build Swim WU- 5 minutes easy swim MS- 4 x 3 minutes TP (test pace), with 1 minute RI (recovery interval) CD- 5 minutes easy swim	45-Minute Easy Bike Ride easy/ conversational, and use an easy gear with a high cadence	40-Minute Build Run WU- 10 minutes easy walk/ jog MS- 4 x 4 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 8 minutes easy walk/ jog	20-Minute Easy Swim Swim easy, taking breaks as needed.	60-Minute Build Bike WU- 12 minutes easy MS- 4 x 8 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 10 minutes easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 3	Day Off	30-Minute Build Swim WU- 5 minutes easy swim MS- 4 x 4 minutes TP (test pace), with 1 minute RI (recovery interval) CD- 5 minutes easy swim	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	45-Minute Build Run WU- 10 minutes easy walk/ jog MS- 4 x 5 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 8 minutes easy walk/ jog	20-Minute Easy Swim Swim easy, taking breaks as needed	60-Minute Build Bike WU- 12 minutes easy MS- 4 x 9 minutes TP (test pace), with 2 minutes RI (recovery interval). Then run 5 minutes gradually building to TP. CD- 10 minutes easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 4	Day Off	20-Minute Easy Swim	Day Off	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	Day Off	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed	Day Off

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WEEK 5	Day off	30 Minute Swim Test: WU 5-10 min easy MS—Swim 15 min max distance, taking breaks if/as needed CD 5 min easy swim	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	45 Min Run Test WU—10 min easy walk/jog MS Run/walk 30 min max distance CD—5 min easy walk	20 Min Easy Swim Swim easy, taking breaks as needed.	45 Min Bike Test WU—Ride 10 min easy MS—Ride 30 min max distance CD—Ride 5 min easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 6	Day off	30-Minute Build Swim WU- 5 minutes easy swim MS- 4 x 4 minutes TP (test pace), with 1 minute RI (recovery interval) CD- 5 minutes easy swim	45-Minute Easy Bike Ride easy/ conversational, and use an easy gear with a high cadence	45-Minute Build Run WU- 10 minutes easy walk/ jog MS- 4 x 5 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 8 minutes easy walk/ jog	20-Minute Easy Swim Swim easy, taking breaks as needed.	60-Minute Build Bike WU- 12 minutes easy MS- 4 x 8 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 10 minutes easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 7	Day Off	35-Minute Build Swim WU- 5 minutes easy swim MS- 4 x 5 minutes TP (test pace), with 1 minute RI (recovery interval) CD- 5 minutes easy swim	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	50-Minute Build Run WU- 10 minutes easy walk/ jog MS- 4 x 6 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 8 minutes easy walk/ jog	20-Minute Easy Swim Swim easy, taking breaks as needed	60-Minute Build Bike WU- 12 minutes easy MS- 4 x 10 minutes TP (test pace), with 2 minutes RI (recovery interval). Then run 8 minutes gradually building to TP. CD- 10 minutes easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 8	Day Off	20-Minute Easy Swim	Day Off	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	Day Off	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed	Day Off

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WEEK 9	Day off	30 Minute Swim Test: WU 5-10 min easy MS- Swim 15 min max distance, taking breaks if/as needed CD 5 min easy swim	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	45 Min Run Test WU—10 min easy walk/jog MS Run/walk 30 min max distance CD—5 min easy walk	20 Min Easy Swim Swim easy, taking breaks as needed. Practice in the Open Water and use a wet-suit if you plan on using one during the race	45 Min Bike Test WU—Ride 10 min easy MS— Ride 30 min max distance CD—Ride 5 min easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 10	Day off	35-Minute Build Swim WU- 5 minutes easy swim MS- 4 x 4 minutes TP (test pace), with 30 second RI (recovery interval) CD- 5 minutes easy swim	45-Minute Easy Bike Ride easy/ conversational, and use an easy gear with a high cadence	45-Minute Build Run WU- 10 minutes easy walk/ jog MS- 4 x 5 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 8 minutes easy walk/ jog	20-Minute Easy Swim Swim easy, taking breaks as needed. Practice in the Open Water and use a wet-suit if you plan on using one during the race	60-Minute Build Bike WU- 12 minutes easy MS- 4 x 8 minutes TP (test pace), with 2 minutes RI (recovery interval). CD- 10 minutes easy	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 11	Day Off	25-Minute Peak Swim WU: 5 minutes easy MS: Swim 75% of goal race distance at goal race pace. Take breaks as needed	45 Min easy bike Ride easy/ conversational, and use an easy gear with a high cadence	30-Minute Peak Run WU- walk/ jog 5 minutes easy MS- Run/ walk 50% of goal race distance at goal race pace. CD- walk/ jog 5 minutes easy	20-Minute Easy Swim Swim easy, taking breaks as needed Practice in the Open Water and use a wet-suit if you plan on using one during the race	45-Minute Peak Bike WU- 5 minutes easy spin MS- Bike 75% of goal race distance at goal race pace alternating 10 minutes 'on', 5 minutes 'easy'. CD- 5 minutes easy spin.	30-Minute Easy Run Run/ walk easy (conversational), taking breaks as needed
WEEK 12	Day Off	20-Minute Taper Run Run 33% of goal race distance at goal race pace alternating run 4 minutes/ brisk walk 1 minute	30-Minute Taper Bike Ride 50% of goal race distance at goal race pace alternating 10 minutes 'on', 5 minutes 'easy'	15-Minute Taper Swim Swim 50% of goal race distance at goal race pace, taking breaks as needed.	Day Off	20-Minute Pre-Race Workout Bike 15 minutes progressing to race pace, then run 5 minutes progressing to race pace.	RACE DAY HAVE FUN!!!