

Cross-Training Workout #1 (XT #1) Choose one of the following workouts for XT #1:

1. Mode: Stationary cycling (45 minutes)
 Workout: 8 min. easy spinning, 30 min. moderate, 7 min. easy; cadence ~95-100rpm
2. Mode: Stationary cycling (spinner bike; 45-60 minutes)
 Workout: Constant spin workout of 45-60 min. of fast spinning cadence >100rpm.
 After 10 minutes, adjust the resistance to around a 2 (on a perceived scale of 1 to 5 with 1 being very very easy to pedal and 5 be very very hard to pedal. This should not be a very taxing workout but you should be sweating by 30 minutes
3. Mode: Pool: No swimming but kicking (~20 – 30 minutes)
 Workout: Most runners hate kicking because they are so bad at it. But it will help.
 Kick 1 length of a 25 meter or yard pool; rest 30 seconds. Repeat this 20 times.
 Use a kick board and hold the kickboard out in front of you. You do NOT need to put your face in the water. Focus on kicking from the hips rather than the knees.
4. Mode: Stationary cycling and running (50 minutes)
 Workout: 5 minutes easy as a warm-up; increase cadence to 100+ rpm and maintain that cadence for 35 min., 10 minutes of EASY running afterwards as a cool-down
5. Mode: Rowing (30 minutes)
 Workout: 5 minutes easy rowing, then 1 min. HARD effort, 1 min. EASY effort,
 2 min. HARD effort, 1 min. EASY effort; 3 min. HARD effort, 1 min. EASY effort;
 4 min. HARD effort, 1 min. EASY effort; 3 min. HARD effort, 1 min. EASY effort;
 2 min. HARD effort, 1 min. EASY effort; 1 min. HARD effort, 3 min. cool-down

Cross-Training Workout #2 (XT #2) Choose one of the following workouts for XT #2:

1. Mode: Stationary cycling (60 minutes)
 Workout: 10 min. easy spinning as a warm-up, 20 min. moderate to hard, 5 min. easy;
 20 min. moderate to hard, 5 min. easy as recovery; all with cadence ~95-100rpm
2. Mode: Stationary cycling (60 minutes)
 Workout: 10 min. easy spinning as a warm-up, alternate 1 minute at level 4 resistance (on a perceived resistance scale of 1 to 5) as fast as you can followed by 4 easy (level 1) minutes of fast spinning. Repeat this 8 times. 10 min. easy as a cool-down.
3. Mode: Stationary cycling and rowing (60 minutes)
 Workout: 10 min. easy spinning, then alternate 5 minutes hard/fast rowing and 5 minutes cycling. Repeat this sequence 4 time (for 40 minutes total exercise), then 10 minutes spinning as a cool-down
4. Mode: Stationary cycling and running (60 minutes)
 Workout: 10 min. easy spinning, 35 min. moderate, 5 min. easy; cadence ~95-100rpm
 Followed immediately by 10 minutes of easy running
5. Mode: Stationary cycling and running (~ 60 minutes)
 Workout: 10 min. easy spinning as a warm-up, 15 minute at level 3 resistance (on a perceived resistance scale of 1 to 5), jog 1 mile at your long run pace;
 Repeat this 2 times. 10 min. easy spinning as a cool-down.



CROSS-TRAINING WORKOUTS

Optional Cross-Training Workouts

Any of the following workouts can be used for an optional cross-training workout.

1. Mode: Rowing
 Workout 5 minutes easy rowing; 10 minutes moderate to fast rowing, 5 minutes easy rowing
 10 minutes moderate to fast rowing; 5 minutes easy rowing

2. Mode: Spinner bike (55 minutes)
 Workout 5 minutes easy spinning; 45 min. fast spinning cadence ~95-100rpm
 5 minutes relaxed spinning as a cool-down

3. Mode: Rowing or Stationary Cycling; your choice (46 minutes)
 Workout 5 minutes easy as a warm-up; then 1 x 4 minutes fast, 4 x 1 minute fast, 3 x 2
 minutes fast, 2 x 3 minutes fast, 4 x 1 minute fast, All with 1 minute easy recovery.
 5 minutes easy as a cool-down

4. Mode: Stationary bike (60 minutes);
 Workout 20 minutes easy, 20 minutes moderate; 20 minutes easy

5. Mode: Swimming (20 minutes);
 Workout Try 20 minutes of a combination of continuous swimming and kicking